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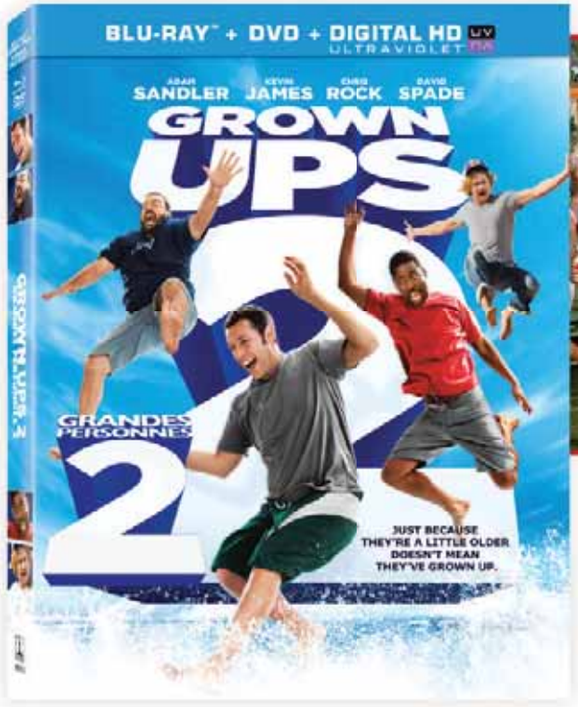

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FLAWED LOGIC

WHY FORD NATION'S UNWAVERING SUPPORT FOR THIS IMPERFECT MAN IS MUCH MORE COMPLEX THAN MOST PEOPLE THINK

PAGE 6

Temp as escort?

In which Shannon is asked to take a client to Mister McFunbury's for margaritas. Hey, at least she'll get paid twice her hourly rate PAGE 15

Pedophiles lured by fake Filipino girl

3D-animated 'Sweetie' was used in a child-porn sting that lured thousands of adults, including 54 Canadians PAGE 12

Empire State of Mind — with glockenspiel

Rockabye Baby takes hits by the likes of Jay Z and Foo Fighters to make soothing lullabies PAGE 17

NEWS WORTH SHARING.

Detective suspected crack-house bills were paid by mayor

The Basso family bungalow. Notebook lists details of unpaid bills at 15 Windsor Rd.

The City of Toronto has refused to say whether Mayor Rob Ford paid utility bills for the Etobicoke crack house where he was photographed with three alleged gang members.

But a city official has confirmed that on Jan. 7, Chris Fickel, one of Ford's special assistants, called the city's water department on behalf of resident Fabio Basso regarding a sewage issue at 15 Windsor Rd., said Toronto Water manager Lou Di Gironimo.

The date lines up with an entry in a notebook found by detectives while they investigated the mayor and his friend Alexander "Sandro" Lisi.

Comments in a police document released Thursday, used to obtain search warrants connected to Lisi, suggest a detective believed the notebook belonged to Ford or a staffer.

"One possible explanation for these entries could be that the Mayor is dealing with house maintenance and bill payment at 15 Windsor Rd.," the detective writes in the document.

The detective writes that the notebook shows that its author seems to be dealing with water and other bills between Jan. 7 and March 20 of this year.

The bungalow at 15 Windsor Rd. is home to the Basso family, including Ford's old friend Fabio Basso and his sister, convicted cocaine trafficker Elena Basso, who also, according to the police document, has a conviction for prostitution.

The house, where it is believed the video that appears to show Ford smoking crack was recorded, is also where Ford was photographed with three men: Anthony Smith, who was murdered in March, as well as Muhammad Khattak (wounded in the same incident) and Monir Kassim, both of whom were charged in the Project Traveller guns-and-gangs raids in June.

A city spokesperson said a freedom of information request would have to be filed to obtain details related to discovering whether the mayor, or anyone connected to the mayor, was handling the bills.

TORSTAR NEWS SERVICE

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AT YOUR SERVICE

Leafs captain Dion Phaneuf and his wife Elisha Cuthbert get ready to serve guests at A Night with Blue & White with the Toronto Maple Leafs on Monday. Presented by BlackBerry, the dinner raises funds for MLSE Foundation's Regent Park Athletic Grounds. More on the Leafs, page 34. CENTRAL IMAGE AGENCY/FOR METRO

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Why Ford Nation endures

The unshakeable, unbreakable team.
In short, they perceive events very differently

JESSICA SMITH
jessica.smith@metronews.ca

On talk radio and social media, in conversations and comment sections, Ford Nation continues to speak up for the mayor — despite last week's revelations of a police investigation and public drunkenness, alongside the allegations of crack use, public urination and lies.

Here are three takes on who makes up Ford Nation and what makes them tick:

Haters gonna hate

As Rob Ford news unfolds, the "I hate the war on Mayor Ford" Facebook page updates its nearly 1,000 fans while maintaining a staunch defence of Ford and offering harsh words for his "haters" — especially the media and Liberals.

Neil Flagg, one of the page's administrators, said while its authors and followers support Ford, they're primarily rallying against "the media obsession with his personal life and the details of his style and looks."

(Flagg asked my name and spent a few moments checking how fair Metro's reporting is before agreeing to an interview.)

Flagg said he doesn't see the so-called war on Ford in terms of left and right, but in terms of influence.

"I think it's more establishment versus anti-establishment, big guy versus little guy, the city-hall connected and politically connected versus small and independent business," said Flagg.

Flagg said he likes Ford's budgets, stance on subways and success in contracting out garbage collection, but he acknowledges that Ford is flawed.

"We don't like that he's got a temper and drinks too much and eats too much, but people everywhere are a mixed bag. If we happen to like his politics (but) he's a mixed bag as a person, people can accept that," he said.

Taking it personally

Dennis M. Pilon, a political-science professor at York University, said what Ford Nation really likes about the mayor is that he "doesn't appear to play by the political rules."

"You've got a mindset out there of people who are alienated by what they see as the elite culture and elite politics — what they identify with about Rob Ford is he's a plain-speaking guy," he said.

Pilon argues that when Ford misspeaks and makes mistakes, it actually endears him to Ford Nation, which he compares to American support of George W. Bush.

"The more that George Bush's critics made fun of his lack of knowledge about certain things, the more that reinforced his support among the kind of voters who also felt they didn't really know all the answers," he said.

Pilon said there's an irony that, like Bush, Ford is seen as a defender of "the little guy," when both are sons of politicians who come from privilege.

Plus, when negative news about Ford breaks, some people react emotionally and take it personally, Pilon said.

"They feel like that's what happens to them — that they've been attacked unfairly by their boss or by their friends," he said.

"What that means is you can never, ever convince them differently."

However, Pilon doesn't believe all people who support Ford are this type of "Ford Nation" voter. Instead, they support Ford for his policies, as the most viable right-wing politician, and would gravitate to another candidate who championed their views.

MORE COVERAGE ON PAGE 6

Mayor Rob Ford greets guests arriving at his mother's home in the Eglinton and Royal York area for his annual barbecue last July. RICHARD LAUTENS/TORSTAR NEWS SERVICE FILE

Who is Ford Nation?

Forum cross-references support and demographic info, which shows Ford has high favour among those who:

- Live in the suburbs
- Drive rather than take TTC
- Have a $40,000-60,000 household-income range
- Have some college or university education but no post-secondary degree
- Are Christian but not Protestant and have a "non-European" ethnicity

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World's largest DJ comp hits T.O.

DJ Jazzy Jeff, seen here performing at the U.S.'s Thre3style competition, says his game is "to be the showman, the play-selector and the party-rocker." CARLO CRUZ/TORSTAR NEWS SERVICE

Red Bull Thre3style.

National champions from 21 countries compete for world title

MIKE BENHEIM
toronto@metronews.ca

Anyone who pays any attention to pop culture should be acutely aware of the importance of the DJ and Electronic Dance Music (EDM) in today's music scene.

Avicii, Daft Punk, Swedish House Mafia and Kaskade are just a handful of stars who spun their way to the top of the charts in 2013.

If this surprises you, it might be because of your mind's association with those two independent little consonants, but this might be the perfect week for that to change.

Three years ago, the folks at Red Bull took on the task of finding the next great one, and this year their Thre3style World Finals are being held in Toronto, with 21 finalists representing their countries for global domination.

So what makes a truly great DJ? Is it mixing and scratching, or the creativity with which they combine their track selections? Is their job to make us dance, or are the elite those charismatic entertainers who give us an experience that resonates long after the lights have dimmed and the amps have cooled?

DJ M-Rock is a battle-tested veteran of the turntables and Toronto's rep at this year's nationals. He says, "It is all about selection, but technique allows us to breathe new life into that same old song. The showmanship part is just a blend of passion and creative expression."

Kid Koala earns his "DJ" designation for lack of a more definitive label. A prodigious classical musician drawn to the improvisational aspect of turntables, his expert use of instrumentation adds eloquence to the ethereal adventure he creates for his audiences. He says, "Maybe my role is not to make people dance. Maybe it's to surprise them."

And from high atop the Olympus of spin comes a pioneer and contributing participant to the very evolution of this art form: DJ Jazzy Jeff. He claims there are no boundaries, and therefore different types of DJs, but for him, a combination of skills and knowledge are what leave his public satisfied. "You want to be the showman, the play-selector and the party-rocker. The journey I offer has a beginning, middle and end, during which you will see all three."

He seconds M-Rock's motion about playing popular songs the way they've never been heard, and "sandwiching those rare gems" somewhere in the midst. He adds that at the end of the day, "It's not about me. Took me a while to figure that out."

The fact is, the term may no longer mean what you thought it did because they don't all subscribe to one common recipe. It boils down to personal taste. In the end, it is something you need to witness yourself.

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Sister of woman slain by cop speaks at inquest

2011 incident. Torontonian killed by officer had been stressed by family matters, says Anita Wasowicz

The sister of a mentally ill woman shot dead by police had planned to call a psychiatrist about her delusional behaviour just days before her death, an inquest heard Monday.

Sylvia Klibingaitis, 52, was killed by a Toronto police officer after she ran out of her North York home with a knife on Oct. 7, 2011. Her sister, Anita Wasowicz, spoke at a coroner's inquest into the fatal police shootings of three mentally ill people.

Wasowicz testified that Klibingaitis — who had bipolar disorder and suffered from religious delusions — was stressed about her mother's health and her daughter moving away in the days leading up to her encounter with police.

On the night of Oct. 6, a frantic Klibingaitis called Wasowicz because their mother had disappeared.

The next morning, Klibingaitis called 911 and said she was "pure evil" and was going to kill her mother.

When she ran from the house brandishing a 12-inch knife, Const. Henry Tang shot and killed her.

TORSTAR NEWS SERVICE

Quoted

"Oh my God, they shot my Sylvie. I was hoping it's not true, hoping it's somebody else ..."

Anita Wasowicz, sister of woman shot by police

Dzejn Klibingaitis, the mother, and Anita Wasowicz, the sister, hold a photo of Sylvia Klibingaitis, killed by a Toronto police officer after she ran out of her North York home with a knife on Oct. 7, 2011. TORSTAR NEWS SERVICE

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Liberals avoid getting involved in mayor's troubles with police

Attorney General John Gerretsen COLIN MCCONNELL/TORSTAR NEWS SERVICE

Premier Kathleen Wynne's Liberals are doing all they can to steer clear of Mayor Rob Ford's troubles with Toronto police.

Despite Ford's daring of police Chief Bill Blair to release a video that appears to show the mayor smoking crack cocaine and making racist and homophobic slurs, the provincial government is not weighing in on the scandal.

"I am not going to get involved in whether the mayor should or should not be making these kind of calls — that's entirely up to him," Attorney General John Gerretsen told reporters Monday at Queen's Park.

"I am not going to get involved in that. I assume that the chief has good reason to ... do whatever he's doing at this time," said Gerretsen.

Ford threw down the gauntlet after Blair confirmed the existence last Thursday of a video that the Toronto Star had reported on in May.

But the province's top lawman insisted the matter is between the mayor and the chief.

"The police are doing the investigation and there must be reasons at this point in time why the chief does not feel it's appropriate to release the video," said Gerretsen.

"At the appropriate time — if that comes at some time in the future — my ministry people will be involved in the proper prosecution of whatever may come out of it," he said.

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"The police are doing the investigation and there must be reasons at this point in time why the chief does not feel it's appropriate to release the video."

Attorney General John Gerretsen

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Ford lovers and haters on different wavelengths

Voters. How you view recent events depends on whether your lens is downtown or suburban, says pollster

JESSICA SMITH
jessica.smith@metronews.ca

Mayor Rob Ford gets a big kiss from the Argos' Adriano Belli on Nov. 25, 2012. BERNARD WEIL/TORSTAR NEWS SERVICE

Mayor Rob Ford's approval rating sits at 44 per cent, according to a Forum Research poll conducted on Thursday evening, after police Chief Bill Blair announced the recovery of the alleged crack video.

Lorne Bozinoff, president of Forum Research, said he believes about 35 per cent of voters make up Ford Nation and have an emotional connection with Ford that stems from his roots in the suburbs.

"He's the guy from the suburbs who did well, succeeded, became mayor and successfully went downtown," he said. Ford is seen as taking power away from the previous administration's downtown elites.

Bozinoff said Ford's detractors don't understand Ford Nation, just as Ford Nation doesn't understand them. Where the detractors see evidence mounting that the mayor needs to resign, Ford Nation sees evidence of a campaign of harassment when Ford hasn't been charged with anything.

"We're all looking at the same sequence of events," Bozinoff said. "But there's two lenses now in the city: The downtown lens and the suburban lens, or the Ford Nation lens and non-Ford Nation lens, and we're seeing these events differently."

Region by region

While living in the suburbs is one of the strongest indicators of support, it doesn't define Ford Nation absolutely. The latest Forum Research poll shows his support across various neighbourhoods:

- **Scarborough:** 54 per cent
- **North York:** 52 per cent
- **Etobicoke:** 44 per cent
- **Old Toronto and East York:** 29 per cent

LEGAL NOTICE

1. Notice to Tamana Rabbani, born 9th August, 1970, a case has been started against you in the Superior Court of Justice, 7755 Hurontario Street, Brampton, Ontario, L6W 4T6.

The court may make an order in this case that may affect your rights. You can get more information about this case by contacting the court's family division directly at telephone number (905) 456-4744. If you do not come to court, an order maybe made without you and be enforced against you.

The family law office of Subhash Joshi, Barrister & Solicitor is seeking the public's assistance in locating Tamana Rabbani, should anyone know of her whereabouts or have any information about Tamana, please contact Subhash Joshi at (905) 362-0111.

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Anonymous demands RCMP officer be fired

Hacktivism. Notorious online group threatens to release personal info about Mountie who appeared to utter slur during New Brunswick anti-fracking protest

LUKE SIMCOE
Metro Online

The hacktivist group Anonymous is demanding an RCMP officer who was caught on video appearing to utter a racial slur during anti-fracking protests in New Brunswick be fired.

Two weeks ago, members of the Elsipogtog First Nation and opponents of shale gas development clashed with police in Rexton, N.B. Five police cruisers were destroyed and dozens of protesters were arrested. The event drew the attention of Anonymous, who launched #OpFrackOff in support of the protests. The group has previously become involved in other high-profile Canadian cases, including Idle No More and the death of Rehtaeh Parsons in Nova Scotia.

A police vehicle is seen in Rexton, N.B., as police began enforcing an injunction to end an ongoing demonstration against shale gas exploration in eastern New Brunswick on Oct. 17. ANDREW VAUGHAN/THE CANADIAN PRESS FILE

This time, Anonymous has focused on an RCMP officer who appears in a video to utter a derogatory slur while confronting Mi'kmaq activists on Oct. 17. In the video obtained by the group, an unidentified Mountie can be heard telling protesters that "Crown land belongs to our government, not to f—ing Natives."

In documents posted online, Anonymous has threatened to release personal information about the offending officer unless he is fired by the RCMP.

Const. Jullie Rogers-Marsh of the New Brunswick RCMP confirmed that one of their officers uttered the slur. She said as soon as the Mounties became aware of the incident, the officer in question was sent home and an internal investigation was launched. "We took action immediately," she said. "This type of behaviour is unacceptable and it's taken seriously by the RCMP."

Rogers-Marsh would not say what disciplinary measures might be taken, nor would she confirm whether the results of the investigation would be made public.

Senate expenses scandal.
Brazeau to colleagues: 'It can happen to you'

One of three former Conservative senators facing suspension without pay is warning all parliamentarians that the same thing could happen to them.

Patrick Brazeau made a last-ditch appeal to MPs and senators Monday as the government moved to shut down debate on the proposed suspensions and force a vote Tuesday.

"Colleagues, if this can happen to me, it can happen to you," Brazeau wrote in a letter to all parliamentarians.

"I recommend you have a lawyer examine all claims you submit before you submit them," Brazeau advised his colleagues. "You may currently believe you are being compliant with (House of Commons) or Senate policy. The rules may change without your knowledge and you may find yourself kicked out of your caucus, being suspended without pay and being scapegoated in the media as some kind of entitled 'fat cat.' THE CANADIAN PRESS

Red tape

Injured vet says Canada not doing right by its troops

A veteran who suffered multiple injuries when his vehicle rolled over in Afghanistan says the Canadian government is failing former soldiers by not providing care they need.

Cpl. Shane Jones says he has been assigned more than three Veterans Affairs caseworkers since June and has had about eight since he was medically released from the Forces in 2008.

The 38-year-old said that has impeded his treatment for post-traumatic stress disorder and a brain injury he sustained when his vehicle rolled over in Afghanistan in 2005. THE CANADIAN PRESS

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Earth-like planets found

The final frontier. Discovery raises the question: 'Is there life out there?'

Astronomers using NASA data have calculated for the first time that in our galaxy alone, there are at least 8.8 billion stars with Earth-size planets in habitable temperature regions, known as the Goldilocks zone.

For perspective, that's more Earth-like planets than there are people on Earth.

The study was published Monday in the journal Proceedings of the National Academy of Science.

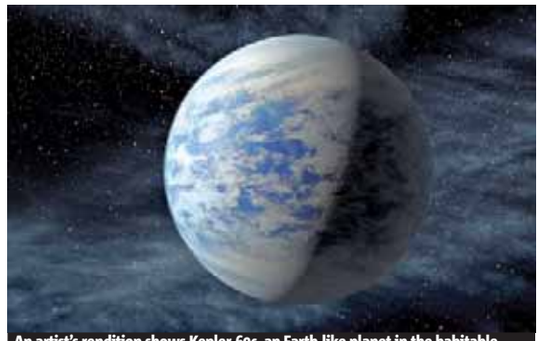
The next step, scientists say, is to look for atmospheres on these planets with powerful space telescopes that have yet to be launched. That would yield further clues as to whether any of these planets do, in fact, harbour life.

If people on Earth could only travel in deep space, "you'd probably see a lot of traffic jams," Bill Borucki, NASA's chief Kepler telescope scientist, joked Monday.

THE ASSOCIATED PRESS

Extensive study

- Over four years, the Kepler telescope peered at 42,000 stars, examining just a tiny slice of our galaxy to see how many planets like Earth exist.



An artist's rendition shows Kepler-69c, an Earth-like planet in the habitable zone of a star about 2,700 light years away. AMES/JPL-CALTECH/ASSOCIATED PRESS

Dogs with unusual jobs

In a demonstration at Iron Heart Performance Dog Center in Shawnee, Kan., on Monday, Elvis the beagle sniffs protein samples from female polar bears in order to determine whether the bears are pregnant. Elvis, who has demonstrated 97 per cent accuracy, helps zoo officials ensure mama bears are ready for birthing. ORLIN WAGNER/THE ASSOCIATED PRESS

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54 Canadians snared in child porn sting with fake 10-year-old girl

Webcam child-sex tourism. Researchers created a 3D animation of the girl to convince the men she was a real child

A sting operation has turned up dozens of Canadians among thousands of adults willing to pay to watch a 10-year-old Filipino girl perform sex acts on a webcam, an international children's rights group said Monday.

The group Terres des Hommes, operating out of Amsterdam, said 54 Canadians were among more than 1,000 adults from 71 countries identified during the 10-week project.

"It's frightening to see that these people think that the Internet is a completely lawless space," said one of the researchers for the group, who identified himself only as Peter for fear of reprisals.

Predators

In all, the researchers identified more than 1,000 predators — including 254 Americans and 110 Brits.

- They said they would have been able to ID far more if they had more time and resources.

"The most shocking part of this — aside from the horrific child-abuse material that we were sometimes sent — was just the fact that it was so easy to catch these people. They have zero risk perception."

Detailed identification information was in the hands of Interpol for passing on to national law-enforcement authorities to investigate, Peter told The Canadian Press from Amsterdam.

Canada's Criminal Code prohibits accessing child pornography and child prostitution, so the law should be adequate for prosecution, the group said.

In all, 20,172 adults offered to pay between $1 and $100 using untraceable prepaid credit cards to have "Sweetie" perform a sex show via webcam — despite being told at least twice that she was only 10.

Until now, Peter said, he believed police had a good handle on webcam sex tourism. The project has shown that's not the case, he said.

The group has posted a documentary about its investigation on YouTube — youtube.com/sweetie — and begun a petition aimed at pressing authorities and politicians to do more to halt such illegal sex shows. THE CANADIAN PRESS

First appearance in months. Egypt's ousted president defiant in court

After four months in secret detention, deposed president Mohammed Morsi defiantly rejected a court's authority to put him on trial Monday, saying he still was Egypt's leader and that those who overthrew him should face charges instead.

The trial, which was interrupted twice on its first day by shouting in the raucous courtroom, was then adjourned until Jan. 8 to allow lawyers time to review the case against Morsi and his 14 co-defendants — all prominent members of the Muslim Brotherhood.

Morsi, Egypt's first freely elected president, had been held at an undisclosed location since the military ousted him in a coup July 3. His appearance in court represented a step by the military-backed authorities toward granting him due process in the face of mounting criticism by rights groups.

Morsi and his co-defendants face charges of inciting the killing of protesters who massed outside the presidential palace in December and demanded he call off a referendum on a new constitution drafted by his Islamist allies. Brotherhood members attacked a sit-in by the protesters, sparking clashes that left 10 people dead.

"This case (of violence) is a turning point and the beginning of the downfall of Morsi," said Ragia Omran, a civil lawyer who represents two of the victims. If convicted, Morsi and the other defendants could face the death penalty. THE ASSOCIATED PRESS

Morsi in court

The 62-year-old Morsi, who wore a dark blue suit, light shirt and no tie, was feisty and healthy-looking during his court appearance.

- He refused to wear a prison uniform as part of his rejection of the trial's legitimacy, according to security officials.

Budapest

Hungarian lawmaker admits beating partner

Hungarian prosecutors said Monday that independent lawmaker Jozsef Balogh, who claimed his partner had injured herself after tripping over their large dog, had confessed to punching her in the face, grabbing her hair and slamming her head against wooden terrace railings. THE ASSOCIATED PRESS

T-shirts for action

U.S. actors protest Russian ban on gay 'propaganda'

Actors Jonah Hill, Jamie Lee Curtis and Kristen Bell are among a batch of celebrities donning Russian-language "Love Conquers Hate" T-shirts to show support for gays in Russia alarmed by a new law banning pro-gay "propaganda." THE ASSOCIATED PRESS

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India to launch its first mission to Mars

Space exploration. If it is successful, mission will make India one of a handful of countries to reach the red planet

India is aiming to join the world's deep-space pioneers with a journey to Mars that it hopes will showcase its technological ability to explore the solar system while seeking solutions for everyday problems on Earth.

With a Tuesday launch planned for Mangalyaan, which means "Mars craft" in Hindi, India will attempt to become only the fourth space agency to reach the red planet, after successful attempts by the Soviet Union, United States and Europe.

India sees its Mars mission primarily as a "technology demonstration," said K. Radhakrishnan, chairman of the Indian Space and Research Organization.

"We want to use the first opportunity to put a spacecraft and orbit it around Mars and, once it is there safely, then conduct a few meaningful experiments and energize the scientific community."

This is India's first Mars mission, and no country has been fully successful on its first try. More than half the world's attempts to reach Earth's planetary neighbour — 23 out of 40 missions — have failed, including missions by Japan in 1999 and China in 2011.

Mangalyaan is scheduled to blast off Tuesday from the Indian space centre on the southeastern island of Sriharikota. THE ASSOCIATED PRESS

Paramilitary soldiers stand guard near the Polar Satellite Launch Vehicle, which will launch India's first mission to Mars, at the Satish Dhawan Space Center at Sriharikota. ARUN SANKAR K/ THE ASSOCIATED PRESS

Weight loss. Study says surgery for teens is safe

U.S. teens seeking weight-loss surgery have a startling number of health problems that used to be seen only in adults, according to a major government-funded study.

Half the teens had at least four major illnesses linked with their excess weight. Three out of four had cholesterol problems; almost half had high blood pressure or joint pain; and many had diseased livers or kidneys.

The study offers reassuring evidence that obesity surgery is generally safe for teens, echoing previous short-term research. While it is a drastic, last-ditch option, major complications, including accidental injury to internal organs, occurred in just eight per cent of teens.

The study involved 242 teens who had surgery at five U.S. centres from 2007 through 2011.

Because lifestyle changes and medication rarely work for such obese teens, the statement says obesity surgery should be considered for those with related health problems who are psychologically mature enough to handle it. THE ASSOCIATED PRESS

Parkour gone wrong?

N.Y.C. man trapped between buildings

Fire officials say a 19-year-old New York University student may have been trapped between two buildings for as long as two days.

The victim, Asher Vongtau, was rescued on Sunday.

A fire department spokesman says he's in serious condition at a hospital.

It's unclear how Vongtau got stuck between a five-storey parking garage and a 17-storey NYU dormitory. The spokesman says rescue workers broke through a concrete wall to reach him. He was wedged in an area about six to 18 inches wide.

The fire department says the only way to get to the site is from the roof of one of the buildings. THE ASSOCIATED PRESS

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Instability. Turnaround expert joins BlackBerry

A well-connected U.S. tech industry veteran with a track record on turnarounds, John Chen has been named to lead troubled Canadian mobile telecommunications giant BlackBerry Ltd.

As executive chairman, Chen will be responsible for its strategic direction, strategic relationships and organizational goals, the Waterloo, Ont.-based company said.

The move came as BlackBerry failed to attract a buyer for the company by Monday's deadline, throwing its future into doubt. Its largest shareholder, Fairfax Financial Holdings, along with other investors, has thrown it a $1-billion US lifeline through the purchase of convertible debentures.

Chen will also become interim chief executive officer when the debenture deal closes, likely in two weeks, while the company searches for a successor to departing CEO Thorsten Heins.

TORSTAR NEWS SERVICE

And the Oscar goes to ... Netflix for The Square?

First the Emmys, now the Academy Awards.
The video-streaming service has its sights set on new movie premieres

The Square will debut on Netflix.
NOUJAIM FILMS/THE ASSOCIATED PRESS

Netflix has acquired the first-run rights to a documentary on the Egyptian protests in Cairo's Tahrir Square, signalling a new push by the subscription company to program movie premieres.

The Square will debut exclusively on Netflix early next year. The documentary depicts the tumult of the Egyptian Revolution beginning in 2011.

In a letter to shareholders this year, Netflix executives said the company would expand its growing library of original content beyond new TV shows like House of Cards and would seek to add "broadly appealing documentaries."

THE ASSOCIATED PRESS

Award bait

The Square will have a short theatrical run to qualify the film, an award-winner at the Sundance and Toronto film fests, for Oscar consideration.

Random biz fact of the day

1 in 3

1 in 3 employers rejected candidates based on something they found about them online.

BEHIRING/NEXCAREER

Market Minute

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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 2

metronews.ca/temp

Hipster for hire

Yeah, I work... at perfecting the creases on my distressed denim

British Columbia's provincial government got a lot of attention in 2012 for transit ads declaring "hipster is not a full-time job."

The jury is still out, but it can certainly be a lucrative temp job.

Modelling agency Voltage Entertainment placed a Vancouver Craigslist ad Oct. 8, looking for the face of brand ambassador "Hipster Randy."

Said hipster would be paid $2,500 a month and be on call for whenever the newest vintage clothing, vinyl record, craft brewing, organic farming operation needs a hunky, unshaven, flannel-clad, thick-framed-glasses wearing man to give them instant "too cool to care" street cred.

Whatever.

MATT KIELTYKA/ METRO

GETTY IMAGES

Temp Accepts a Slightly Random Date with Chinese Guy

Today was Thursday. In the future, every day of the week will be Thursday. We're all going to be working to the grave and we all know it so days of the week will be meaningless. I call it Permathurs — I just happened to the future before most people. Permathurs isn't totally bad, but without the Internet it would be truly horrible.

My morning highlight was when Kyle the bike courier showed me his new forearm tat, a bleeding dagger, which sounds cliché but it was actually kind of hot, even though Kyle's not my type. Everyone in the office thinks we're some Big Item, and when we flirt everybody turns into gum-chewing zoo visitors staring at the chimp cage hoping something frisky transpires.

Then the day quickly went sideways. First, my daily ride home bailed on me — my sister, Amy, who just landed a gig teaching yoga for tweens at the now-empty Barnes & Noble on Route 34.

"Shanny, I hear buses are great these days. Like hotels, practically. You can blog about it — it's free content — you own your bus ride!"

Second, Kevin Taylor's and Andy Kimura's flight back from Beijing was grounded for a day because of a bird flu scare: scheduling mess. Third, there was a Norovirus outbreak at the Bunmeister during yet another lunchtime farewell party.

At 4:30, while I was puzzling over how to bus it home, the Danimal hobbled up to my desk, obviously deeply regretting his Bunmeister's Cheesetastic Meatball-icious sub.

"Dan, maybe you need some of those super-drugs they give to people on cruise liners."

"Shannon, I need you to do some overtime for me — for the company."

"Look, I'm not talking hookers and blow; I'm talking chicken fingers and 3-for-1 margaritas..."

Twice my regular hourly rate?

"Sure. What is it?"

"I need you to take a client out for drinks and dinner."

"What? No!"

"Shannon, here's the thing, all of us are dying and this guy has to be taken care of."

"Meaning?"

"Look, I'm not talking hookers and blow; I'm talking chicken fingers and 3-for-1 margaritas at Mister McFunbury's out by the off-ramp that takes you out to the oil refineries. This guy's not high up the food chain, but we can't not do something."

I stared him down. "OK, one: a week of free taxi chits. Two: cash up front for the food — my cards are all maxed out. Three: drinks, dinner, dessert and goodbye. Two hours max."

"Agreed."

"Who is he, anyway?"

"I think he's the idiot son of one of the engineers who's disassembling one of our lines. Andy says he's the guy who inserts the harpoon so they can reel it all back to Asia."

"Sounds colourful. OK. I'm in."

TO BE CONTINUED...

Random fact of the day

Coffee cold this morning?

- You can heat it up with sound energy by yelling at it for eight years, seven months and six days.

SOURCE: MSN.COM

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HOW TO LOOK MORE ATTRACTIVE

SHE SAYS

Jessica Napier
metronews.ca

There are many benefits to surrounding yourself with a great group of friends: Companionship, emotional support, always having someone to drive you home after you've had too many glasses of wine. But did you know that your pals also have the potential to make you appear more physically attractive?

Researchers at the University of California, San Diego, recently conducted a study to determine the validity of the so-called "cheerleader effect." Popularized by on-screen ladies' man Barney Stinson from the TV show How I Met Your Mother, the theory suggests that people seem better-looking when seen in a group context. I'll ignore my reservations about why academics are investing time and resources into proving the scientific merit behind the deranged ramblings of a television character, and get to the details.

Psychological scientists Drew Walker and Edward Vul conducted five separate experiments among 130 undergraduate students at the university to evaluate how people's perceived beauty might vary depending on whether they're alone or in a group. Participants were asked to rate the physical attractiveness of 100 individuals by looking at a variety of photographs. Sometimes the subjects were shown in a group portrait with two other people, other times the pictures were cropped to show the person alone. Overall, test subjects scored about two percent higher in terms of looks when shown as part of a group. Not an overwhelming beauty-boost, but statistically interesting enough to make me reconsider posting so many selfies online.

While the findings of the study might seem somewhat predictable — people who are socializing with others usually appear happy, confident and thus more appealing than solitary loners — there's actually a bit more science to this phenomenon. The rationale behind the cheerleader effect has to do with our brain's subconscious tendency to merge facial features when looking at more than one person. We tend to read faces in group settings as ensemble representations and diminish individual's idiosyncrasies in the process. Unattractive characteristics that would stand out if seen in isolation are leveled out to give everyone an average group face. In this case, being average-looking is actually a good thing.

And while the 'cheerleader' label brings to mind acrobatic females in short skirts, the theory actually applies to both sexes. Men and women were consistently regarded as better looking when in the company of two or more people of the same gender.

"Having a few wingmen or women may indeed be a good dating strategy" the researchers are quoted as saying.

"The effect is definitely small, but some of us need all the help we can get," Vul said.

Follow Jessica Napier on Twitter @MetroSheSays

metro PHOTO CHALLENGE

Sharp instincts earn photographer top prize

COURTESY DOMINIKA WYPYCH

Sixth sense captured with a camera phone

Dominika Wypych, of Sweden, is one of this year's global grand winners of Metro's Photo Challenge with her submission of the Weimaraner that she snapped with her cellphone. This year's challenge entailed capturing a sense — which in this case is the sixth sense. METRO

Quoted

"The picture I took is of my dog, Salsa, who has cancer. This was the day before she was going to surgery and we wanted her to get a run in the woods, even though it rained. Since dogs are smarter than you think, she felt that something was going to happen. I saw it on her. So I wanted to capture the moment and took the picture with my camera phone, because it was really a 'sixth sense' moment." Dominika Wypych, 34, Stockholm

Shutterbugs

Metro Photo Challenge was introduced nine years ago in Sweden and ran globally for the first time in 2007.

Click metronews.ca for more photo contest submissions.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Archive.org is a rabbit hole of audio, video and literature culled from decades worth of media. Like most rabbit holes, it's hard to know where to start — but it's hard to beat the old-timey charm of 1940s radio programs. Try searching out these to get started.

POLOGOOMBA/FLICKR

Secrets Of Scotland Yard:
A fantastic true crime series that aired from 1949-51 that's packed with rich British accents, nefarious characters and schemes targeting the crown jewels (of course) and "unsightly" wives.

Mel Blanc Radio Show:
Mel Blanc, a.k.a. the voice of nearly every Looney Tunes character you've ever seen commit a horrifying act of violence, was handed the reins of his own show in the 40s where he developed an eponymous repair shop owner who has no business being in that line of work. Special guest stars include sadly obsolete words like "nincompoopery."

Orson Welles Radio Almanac:
Readings from Shakespeare, 19th-century newspapers and presidential letters are among the highlights from this 1940s miscellany assembled by a true legend. A D-Day episode that dramatized news of the Normandy landing is essential listening.

Letters

RE: Don't Believe Everything You Think, says Metro's Paul Sullivan, published Oct. 30

While everyone is entitled to their own opinion, I think that publishing this article was in poor taste. Who is he to say what people can or cannot believe in? Just because science has proven that things don't exist, doesn't mean that we can't believe in them. Each and every person thinks and perceives (and believes) things in different ways, so to say to someone 'science proved this to be untrue; change your belief now,' is really low.

I also noticed that while angels, ghosts and Lucifer were touched upon, God was omitted. Why should you say that I can't believe in eternal damnation but eternal salvation is OK? If he was going to beat down those who believe in ghost and spirits, why not include those who believe in God?

Not to mention that while the article in whole is rude and condescending, the ending paragraph basically tells the readers that he is right and while people are bound to complain, they're nothing but 'trolls.'

Treasa Betts, Vancouver

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Send us your comments: torontoletters@metronews.ca

metro

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DVD review

White House Down

Director. Roland Emmerich

Stars. Channing Tatum, Jamie Foxx

●●●○○

The word "excess" obviously doesn't appear in any dictionary owned by Roland Emmerich. There's no such thing as too much of anything to this most bellicose of filmmakers. So White House Down has exactly what you'd expect from the man and from the genre, only louder and dumber. If only he knew what to do with it. Emmerich can't seem to decide whether he's making a cautionary thriller about liberty's need for eternal vigilance or a blows-up-good buddy comedy featuring a bad-luck cop (Channing Tatum) and a badass prez (Jamie Foxx). Other films have car chases. This one has a car chase on the White House lawn, with the president inside an armoured limo brandishing a rocket launcher, trying to escape bad guys by blowing a hole in the iron fence. The only thing missing from this scene is a Dukes of Hazzard soundtrack. Some Emmerich films are dumber than the others, and this is one of the really dumb times.

PETER HOWELL

Record label's business is all about rocking the cradle

Rockabye Baby. CMH Label Group turns your favourite tunes into lullabies for baby — so you can sing along

PAT HEALY
Metro World News in Boston

Lisa Roth, the executive producer of Rockabye Baby. EARLY GIBSON

Lisa Roth often finds herself giving unlikely advice to musicians who are covering songs by the likes of Black Sabbath, Guns N' Roses, Jay Z and Kanye West.

"A lot of the times it's, 'I want you to produce this like there's a baby sitting in your lap while you're doing it,'" she says.

As vice-president and creative director of the CMH Label Group, Roth oversees a branch of the label that produces the Rockabye Baby series, in which musicians have taken the aforementioned artists and created lullaby renditions of their best-known work.

Roth created the series with co-worker Valerie Aiello in 2006 and she has since overseen more than 50 releases.

This week sees the release of a Nickelback compilation.

"When we developed this idea, no one here had kids," says Roth. "I am not sure we would have thought about lullaby versions of Tool if we did have kids."

For the uninitiated, Rockabye Baby releases are like a private game of Name That Tune that parents can play while their little ones benefit from soothing arrangements of classic tunes. Where a song like the Foo Fighters' Monkey Wrench in its original incarnation is characterized by its hard guitars crunching up against bombastic drums and Dave Grohl's rock 'n' roll screams, the Rockabye Baby version is an instrumental playground, led by harmonizing glockenspiels and filled out by little bird chirps, rattles and cute honks.

CMH Label Group releases about eight compilations per year, working with a small handful of producers, and Roth says the back-and-forth with a producer for each release could take as long as six months.

"There's a certain amount of training that we have to go through with these people because it's kind of nuanced: It's not an easy thing to do. I think people have preconceived notions when it comes to a lullaby, as if you should just play quieter and slower, which is not the case at all," she says.

"First of all, we are a record label, not a children's company. The music, whether the consumer notices it or not, means a great deal to us."

Yes, the consumer in question is a baby, one who's unknowingly being introduced to the greatest pop music of the past few decades (yes, there are people who would put Nickelback into that category, sadly).

But the consumer is also the parent who can hear songs he or she already loves without having to suffer through nonsense by purple dinosaurs or men in brightly coloured turtlenecks.

"I get to spend chunks of my day doing this thing," says Roth, "and listening to music and deconstructing these songs and picking the instruments, and it's like painting a little picture, and trying to do it with utmost deference and respect to the artists so they don't get annoyed."

Twerkin' nine to five: Dolly doesn't mind how Miley makes a livin'

Dolly Parton

Plenty of members of the music community have offered Miley Cyrus unsolicited advice on how she's presenting herself, but don't expect Dolly Parton to join the chorus. "If she needs my opinion on something I will surely give it, and there have been times we've talked," Parton, who happens to be Cyrus' godmother, tells the Standard. "But I would never dream of calling her and saying, 'Well, why are you doing this?' or, 'You shouldn't do this or that.'"

Lady Gaga ALL PHOTOS GETTY IMAGES

Lady and the Taylor: Are Gaga and her guy going to call it quits?

Lady Gaga and her Chicago Fire boyfriend, Taylor Kinney, have reportedly split up again, with Kinney citing her "insane workload" as an obstacle they can't get past, according to the Sun. "Taylor has told her she's married to her career and he can't deal with dating Gaga the megastar and all her obsessions and alter-egos," a source says. "He loves the cool down-to-earth girl but hardly gets to see her." Seemingly proving Kinney's point, Gaga reportedly wants to address the issue — when she has a spare moment. "Gaga's hoping to meet up with Taylor when their schedule allow to talk things through," the source adds, but "Taylor told her they need time apart, and it's looking as if this might lead to a permanent split."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Did that slo-mo beach dash prep Pam for the real deal?

MELINDA TAUB
Metro World News

Some marathoners can bounce back from a 26.2-miler like it was a walk in the park. Pamela Anderson does not appear to be one of them.

After her outing in Sunday's ING Marathon in New York City, Pamela tweeted a pic of herself covered in ice packs in bed. It's captioned, simply, "Ouch!"

I'm sure Pamela thinks the pain was worth it, though: The Baywatch star, who ran the marathon with her brother Gerry, raised nearly $76,000 for the J/P Haitian Relief Organization.

According to the marathon results page, Anderson finished the marathon in 5:41:03 — not bad for a 46-year-old lady who's used to running down beaches in slow motion. Several famous marathoners beat her, though: Fellow beautiful person Christy Turlington bested her by nearly an hour with a time of 4:35:32, while ER and Top Gun star Anthony Edwards, visibly energized on the course by the cries of "Goose!" that I shouted at him, crossed the finish line in 4:45:26.

Of course, the winner, Kenya's Geoffrey Mutai, could have finished the course twice before a single one of these celebs crossed the finish line. So Christy shouldn't get a big head.

Even gods need to feel the burn

Workout. As Chris Hemsworth reprises his role in Thor: The Dark World, we speak to his personal trainer, Michael Knight, about how he stays fit

ROMINA McGUINNESS
life@metronews.ca

The workout has clearly paid off. WALT DISNEY

"Once you get an actor to their desired shape, the tricky part is keeping them there — a lot of people tend to slack off," says Michael Knight, who's been training with Chris Hemsworth on and off for years.

Yeah, even the star of the new film Thor: The Dark World has a hard time maintaining that Viking god bod.

"Chris is in and out of movies, so the hardest part for me is making him lose weight quickly, and then getting him to put it back on without his body looking like hell," says Knight.

Hemsworth lost 30 pounds to play an F1 driver in Rush, and then had to put it right back on in time for Thor.

"So I always try and simulate that same workout in order to maintain his body shape in the long-term."

The maintenance workout designed by Knight specifically for Hemsworth revolves around three 20-minute sessions, which he does up to five times a week.

"My system is effective, and means you don't have to go out and do things that are going to tear up your body — like too much running or heavy weights," Knight said.

"The workout starts off slow and finishes with a fury. On some days, you're going into the time under tension method, which is where you're using really heavy weights to tire your core and kettle bells. On other days, you might be doing double kettle bells, or working with a heavy tire, and finishing with a cardio blast."

The Chris Hemsworth maintenance workout

If, like Hemsworth, you're already in shape, then this workout is going to keep your body strong. And it's all about big lifts.

"The idea is that you continually rotate body parts: so, one day you work your chest, the next day your back, then your shoulders, and then you go back to your chest, and so on. But you'll always be working the hips and the legs — they're the largest muscles in the body, and unless they get stronger, nothing else can," says Knight.

You're sometimes going to hit the same part twice in that week, sometimes once, but you're always going to start fresh again on Monday.

The workout is complicated, and unless you're thinking of auditioning for Thor 3, you don't need to go into so much detail. Here's the dummy version of the Chris Hemsworth maintenance workout.

What's on Thor's plate?

When it comes to food, you need structure. Knight recommends you keep your diet clean by sticking to complex carbs, lean protein and healthy fats.

- **The protein.** Chicken, fish, plant-based protein powder, whole eggs.
- **The carbs.** Oatmeal, green vegetables, brown rice, sweet potato and very little fruit.
- **The fat.** Grass fed butter, coconut oil, avocado.

Monday

Chest day
You'll have rested on the Sunday, so today is a big barbell day. Your body is going to be torched.

Workout highlights
Barbell squats and barbell bench presses followed by double kettlebell front squats and inclined dumbbell presses.

Tuesday

Back day
You're going to be a little tired and sore from Monday. You want a total body workout that's intense, but not so hard it's going to crush your body.

Workout highlights
An active warm-up of one-legged dead lifts, followed by back weighted pull-ups, and double kettlebell circuits to work the hips and the core.

Wednesday

Day off

Thursday

Shoulder day
This is a big day as you're coming off from recovery. Go back to your barbells.

Workout highlights
An active warm-up of dead lifts and strong man log presses followed by light squats and thrusters. Finish with ropes gone wild.

Friday

Chest day
100 per cent dumbbell day. Give it a quick pump.

Workout highlights
Inclined dumbbell presses with squats, followed by push up circuits and kettlebell snatch.

Saturday

Back day
This is a "show me what you've got left" day.

Workout highlights
Unweighted pull-ups, dead lift heaven balls and a metabolic cardio circuit, followed by jump ropes.

Sunday

Day off.

DENTAL IMPLANT PATIENTS SOUGHT

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If you're going to wake up during the night, make sure it's for a good reason.

1 in 2 men over 50 suffers from the symptoms of Benign Prostatic Hyperplasia (BPH or enlarged prostate).

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Best Health Magazine

At Best Health, we regularly look into the latest research on food science and how certain healthy foods work together to provide even more nutritional punch. We call these dynamic duos, and in our October Eat Well issue you'll find the latest instalment featuring these powerful food pairs.

Kale and walnuts
Together, they safeguard eye health. Kale and other dark leafy greens contain lots of lutein and zeaxanthin, a dynamic antioxidant that protects against cataracts and macular degeneration, both of which are leading causes of blindness.

The antioxidants are deposited in the retina, where they reduce sunlight damage.

You can bolster their absorption by eating leafy greens with some healthy fats such as walnuts.

Walnuts and kale make a healthy pair.
ISTOCK PHOTOS

Side dish idea
Stir-fried kale with toasted walnuts.

Sweet potato and black pepper
Together, they help ward off cancer. Beta-carotene, an antioxidant in sweet potatoes, squash and carrots, has been shown to help reduce the risk for certain cancers, including breast and uterine, by limiting oxidative cell damage.

A 2009 study shows that black pepper improves the intestinal absorption of beta-carotene.

Healthy dip
Roast a couple of sweet potatoes: pulse in food processor with black pepper, ginger and a little olive oil and orange juice.

Beets and Eggs
Together, they help maintain brain function.

Recipe idea
Roast cubes of peeled beet in vegetable oil in a 400 F oven for 20 minutes. When cool, toss with chopped romaine lettuce, crumbled feta, and an olive-oil dressing. Top with slices of hard-boiled egg.

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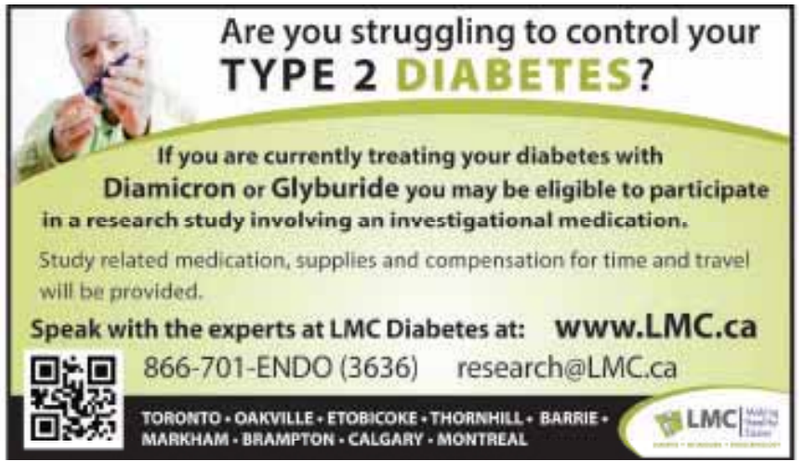
Quit smoking. There is no reason to dread Monday anymore

Smokers around the world are more likely to consider quitting smoking on Mondays, according to a recent study published in the Journal of the American Medical Association, Internal Medicine.

This joint study monitored Google searches in English, French, Chinese, Portuguese, Russian and Spanish over five years and found consistent data for each country.

METRO

Butting out has never been easier.
ISTOCK PHOTOS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Simple back care

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This guide takes you through simple adjustments you can make at home and at work to prevent back pain while combining an ache journal with streaming exercise videos to offer relief.

What do you mean there isn't two O's in the word Mom?

Tattoo mistakes.
Think Before You Ink campaign raising awareness about the number of tattoos with errors in them

KIERON MONKS
Metro World News

Whether declaring love for the wrong person, or announcing a medical condition rather than a profound philosophy, an epidemic of tattoo mistakes are horrifying the body art community.

The worst type is foreign-language messages, for which over 60 per cent carry errors, according to translator and interpreter Sharon Stephens, who has set up Think Before You Ink, a campaign designed to avoid such awkwardness.

Was it an especially disgusting tattoo that encouraged you to launch the service?
Numerous really; there is huge demand for foreign language tattoos and I have seen some nightmares.

I thought there needed to be a service that allowed people to check and make cancellations, as there was nothing before.

What are the most common or worst mistakes?
Chinese seems to be the main one. There was one man who thought he had "prosperity" but it was "diarrhea," another wanted "love and charity" but got "sweet and sour chicken." Since the campaign began people have approached us with more errors. David Beckham got his wife's name wrong in Sanskrit, and one man annoyed a Chinese tattooist, who wrote "cheapskate" on his arm.

David Beckham is no stranger to tattoos, but he got his wife's name wrong here in Sanskrit. LINTAO ZHANG/GETTY IMAGES

Chinese symbols are a common tattoo mistake. CONTRIBUTED

Tattoo mistakes

Do you have tattoo mistakes that you're embarrassed by?

- **Online.** Find out more about the campaign at veritaslanguagesolutions.com.

Interesting. So are the artists to blame?
They know what they are putting on, but people need to be aware that literal translations are often totally wrong so they need to be clear on the meaning. One artist told me he would always get a local Chinese restaurant to do translations.

Is the problem also that people get tattoos when they're trashed and not thinking straight?
Western people seem to consider languages like Chinese to just be pictures rather than words, so they don't really consider the meaning. More than six out of 10 are wrong. The smart ones check first.

Besides language, many tattoos are offensive for esthetic reasons. Will you support a campaign against these?
I agree, but we can't do much about that. People need to take responsibility, as a mistake can be devastating.

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VELUT ARBOR ÆVO

Eggplant gets fried and spiced and everything nice

1. Heat the oven to 350 F. Sprinkle the eggplant slices lightly on both sides with salt. Transfer to a large colander, then set in the sink and let drain for 15 minutes.

2. Meanwhile, in bowl combine the flour, cumin, paprika and cayenne. In a second bowl, whisk egg and water. In third bowl, place the bread crumbs.

3. Pat eggplant slices dry. One at a time, dip each slice first in flour, shaking off excess, then the egg, letting the excess liquid drip off, then the bread crumbs, knocking off the excess crumbs (they will clump).

4. In skillet over high, heat 1 1/2 tablespoons of oil. Add eggplant slices, reduce heat to medium and cook until golden, about 2 minutes. Flip slices, add remaining tablespoon of olive oil and cook until golden on the second side, about 2 minutes.

5. Transfer the slices to a sheet pan. Bake on the oven's middle shelf until the slices are tender, about 15 minutes.

6. While the eggplant is baking, grate the cucumber on the coarse side of a grater. In a small bowl, combine the grated cucumber with the yogurt, garlic and a bit of salt.

Fried Spiced Eggplant with Cucumber-Garlic Sauce

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 small eggplant (1/2 pound and about 2 inches wide), cut crosswise into 1/3-inch-thick slices
- Kosher salt
- 2 tbsp all-purpose flour
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/4 to 1/2 tsp cayenne
- 1 large egg
- 1 tbsp water
- 1 cup panko bread crumbs
- 2 1/2 tbsp extra-virgin olive oil, divided
- 2-inch piece seedless cucumber
- 1/2 cup fat-free plain Greek yogurt
- 1 small clove garlic, minced

7. To serve, transfer the eggplant slices to a platter and top each with a generous spoonful of the yogurt sauce. Sprinkle with parsley. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Health Solutions

Eggy truth

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You know by now that the whole eggs are bad for your cholesterol thing is a myth. Except for extreme cases, an egg a day is perfectly healthy and it brings with it omega 3 fat, protein and brain protecting choline.

These days, though, you can spread your wings and try more than the run of the mill hen variety. Check these out:

- Lisa Hill of Pheasant Hill Farm in Owen Sound, Ont. raises pheasant, guinea fowl, partridge and duck eggs. All of her birds can "dust bath, chase and eat bugs, scratch in the gardens, spread their wings out in the sunshine or fly up and perch in a tree," which provides them a broader variety of nutrients. You have to find her or another farmer like her at their farm gate or farmers market, though.
- Quail eggs are tiny, pretty additions to any dish and they are said to be more concentrated in nutrients. Likely a poor and expensive choice for an omelet but chefs suggest their use as a garnish.
- Duck eggs are more widely available, richer and bigger versions of the chicken egg. Found in specialty shops, Asian markets or high end grocers, these large, oily yolked options will make the best fried egg sandwich any brunch can muster.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Side. Sesame Kale Salad

When it comes to leafy greens, kale is king. It boasts more vitamin C than an orange, more calcium than milk and more iron per calorie than beef.

There is one problem with raw kale — it's tough. You can tenderize it by cutting it into thin shreds or, oddly enough, massaging it. You also need to remove the stems.

1. In bowl, whisk garlic, sesame oil, vegetable oil, vinegar and soy sauce. Add kale and massage with hands 3 mins, or until it becomes shiny and little translucent and reduced in volume by one third to one half. Sprinkle with sesame seeds, season with salt and pepper. Toss well. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Ingredients

- 1 small clove garlic, minced
- 2 1/2 tsp toasted sesame oil
- 1 1/2 tbsp vegetable oil
- 3 tbsp rice vinegar
- 2 tbsp low-sodium soy sauce
- 10 cups packed chopped kale leaves, stems removed
- 2 tbsp toasted sesame seeds
- Kosher salt and black pepper

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ADVANCING GENERICS

Hey baby, wanna earn dinner tonight?

CarrotDating.com. Brandon Wade's newest app — which lets users bribe their way to a date — has stirred up some controversy

MICHELLE CASTILLO
Metro World News

MIT grad Brandon Wade — king of controversial dating apps — has a new one stirring up controversy: Carrot Dating. CarrotDating.com allows men and women to offer incentives — called "bribes" — to one another in order to snag a date. While some incentives are as innocent as flowers or dinner, others include a big trip or plastic surgery.

This comes on the heels of Wade's other ventures, sites like SeekingArrangement.com and WhatsYourPrice.com, which hooked up rich men with willing women. Wade insists this isn't prostitution, nor sexist. In fact, 25 per cent of the bribes are initiated by women, he claims. We asked him more about the slippery slope.

So Carrot Dating is...?
Carrot Dating really is bribing somebody for a date. I think when you look at most of my other dating websites, they were founded primarily from my mother's advice because I was really shy and sort of awkward. My mom saw that, and she basically told me to focus on my school. She said, "Someday when you're successful, you'll be generous and turn those around, when it comes to the dating game." Until I graduated, I was still struggling and still had the constant fear of rejection. I would never walk up to woman and use a pick up line. It's not my thing.

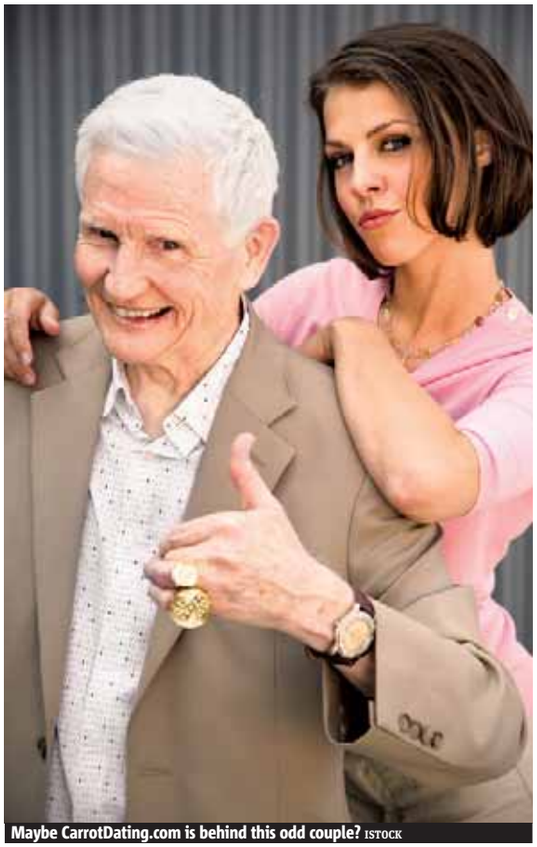
What you call generosity could be confused with prostitution. Do you agree?
How does generosity equal prostitution? That's a really long stretch! Prostitution is literally paying for sex. In this case, sex cannot be expected. It's something people obviously aspire to, especially on a dating site — they look for someone they share chemistry with. When you look at Carrot Dating, when you look at the most popular types of offers that people have been offering and accepting — the first one being flowers, the second one being dinners — that's what people do nowadays anyway. He usually buys her dinner or flowers. And that's certainly not prostitution.

So why are critics calling the site misogynistic?
(Laughs) Maybe because we called it bribes, as opposed to incentives. Even incentives would be a little bit edgy. I think if we had called it something else, maybe something a little bit less playful or controversial, it wouldn't have caused as much of an uproar.

Have you ever used any of your websites?
I created Seeking Arrangement because I was just so frustrated with dating. I created that for myself. I was a user; had the very first profile on there.

I know you're in a relationship right now.
Yes, I met my wife about three years ago. We tied the knot about two years ago.

Did you meet her through a dating website or traditionally?
Traditional, I guess. She applied for a job, and we hired her, and I was working with her, and we kind of started dating and we fell in love and that's kind of the story. In a way, it was because of the websites that I built.



Maybe CarrotDating.com is behind this odd couple? ISTOCK

EGLINTON CROSSTOWN

METROLINX
An agency of the Government of Ontario

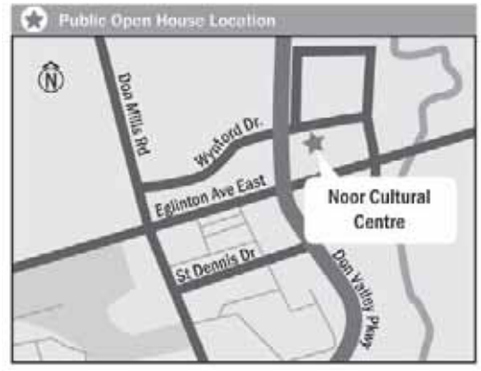
Station Design Update Meetings

Rapid and reliable transit is coming to the centre of Toronto. The Crosstown will move Torontonians to work, school and play faster than ever before – reducing travel times and enhancing our economy and our environment. The Crosstown will run along Eglinton, with more than 10 kilometres underground, making transit travel up to 60 per cent faster than today.

Metrolinx invites you to attend meetings for information on preliminary station and stop designs for the Eglinton Crosstown project.

The first meeting will cover preliminary station and stop designs from Laird Drive to Wynford Drive, as well as information on the future construction of a tunnel boring machine launch shaft that will be located east of Brentcliffe Road.

Date: Wednesday, November 6th, 2013
Time: 6:30 p.m. to 9:00 p.m.
Location: Noor Cultural Centre
123 Wynford Dr, North York, ON



The second meeting will cover the preliminary station designs from Avenue Road to Bayview Avenue.

Date: Thursday, November 7th, 2013
Time: 6:30 p.m. to 9:00 p.m.
Location: Northern Secondary School
851 Mount Pleasant Road, Toronto

The meetings will be open house format, and will begin at 6:30 p.m. with an opportunity to view displays and speak one-on-one with staff.

We look forward to seeing you there.

For more Crosstown information:

Visit the Crosstown Community Office at 1848 Eglinton Avenue West (at Dufferin)

Email: crosstown@metrolinx.com
Tel: 416-782-8118
TTY: 1-800-387-3652
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Why the temp life may be up your alley

Employment. Makeshift work has a bad rap, but it can prove useful for a variety of job seekers

YOUR MONEY
Alison Griffiths
money@metronews.ca

Does any of the following describe you?

- Self-employed with some hours to spare.
- A stay-at-home parent not ready for a full-time job.
- A young worker with skills but little experience.
- In-between permanent jobs.
- A retiree still eager to work.

If one of these profiles fits, then you might be perfect for the temp world.

"Temporary work is also a good fit for anyone looking to gain additional experience and skills or obtain experience in a new field," says Shari Angle, Toronto-based vice president with Adecco, Canada's largest temporary recruitment agency. There are temp agencies specializing in every industry and skill set from labourers to scientists. Not surprisingly, demand is tied to the economy.

"The temporary staffing market across Canada has fall seasonal demand in the areas of distribution, logistics, and warehousing which specifically drive temporary hiring in geographic areas near airports and ports of entry," points out Angle.

Wherever there is a strong economy and low unemployment, such as in Saskatchewan and Alberta right now, the availability of temp positions rises.

In Wild Rose country, for instance, there's a strong need for workers in a many areas that support the oil and gas industry.

Temp workers can also be in demand during a poor economy because employers are reluctant to hire full time staff.

Temp work can lead into a career. Dawn Johnson, for example, took a handful of placements as a healthcare accountant.

Her most recent assignment lasted 18 months and then turned into a full-time job in Columbus, Ohio.

For some, the appeal of temp work is that it's, well, temporary.

Calgary computer programmer Terri McGinnis travels with her husband on his contracts around the world as a forestry consultant.

"I've had great assignments and lousy ones," she laughs, "but I always know they will come to an end."

As with seeking any kind of work, the best place to start is a well-crafted resume and reference letters. Angle stresses that people should research the kind of jobs posted by various agencies. If a number match your skill set, contact the agency directly to inquire about an interview with a recruiter.

The first few positions can take a bit of time, but once you've established yourself as a reliable employee, an agency will be eager to keep you busy.

Research the kind of jobs posted by various temp agencies, and if a number of them match your skill set, contact the agency to ask about setting up an interview with a recruiter. ISTOCK

The upside of temping

"I've had great assignments and lousy ones. But I always know they will come to an end."

Calgary computer programmer Terri McGinnis

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Raise your glass to a healthier tomorrow

Drink up! Detoxing trend turns cleansing into juicy endeavour

TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: Eliane Bejjani, nutritionist at Raw Juice Guru

What: A Canadian company that creates and sells raw, organic juices.

Where: Mississauga, Ontario

Why: "After my daughter's birth, my doctors suggested a hysterectomy. That was what triggered the birth of Raw Juice Guru. I took all that I studied, researched and researched some more, and even became a raw food chef," says Elaine Bejjani

E-laborate

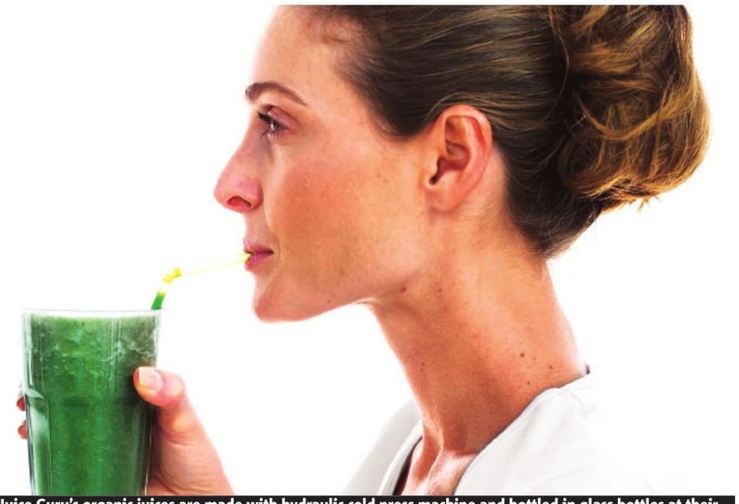
• Go online to learn how you can make your raw juice drink on metronews.ca/mom-and-pop-show

The juiciest entrepreneurial trend that has hit it big with Canadians are "cleanses" made with raw, cold-pressed juices.

Elaine Bejjani, the woman behind Raw Juice Guru, started her Canadian biz in 2011 with help from a holistic nutritionist, raw food chef and naturopath ND.

Complications following the birth of daughter, including a possible hysterectomy, pushed her to think outside the box about health and nutrition. Enter RJG and its new kid-focused line, "Little Juice Guru".

"After my daughter's birth, my doctors suggested a hysterectomy. That was what triggered the birth of Raw Juice Guru," she says.



The Raw Juice Guru's organic juices are made with hydraulic cold press machine and bottled in glass bottles at their facility, located in The Junction, in west-end Toronto. PHOTOS.COM

"I took all that I studied, researched and researched some more, and even became a raw food chef. When I was finished breastfeeding, my healing journey began with a 30-day juice cleanse that I designed."

Her medical condition propelled her to create a line of products called Raw Juice Guru that would help cleanse but also provide nutrients for customers.

Every morning, a case full of raw juice is delivered to customers based on a personal survey that examines their diet and medical conditions.

"You are what you eat, and when you allow your body the chance to work at its best, you would be amazed at what it will do for you," she says.

Bejjani is proud that the vegetables and fruits used in raw juices are a combination of local and Canadian organic foods. "Seventy per cent of our produce we harvest ourselves from our organic farm. The remaining amount we outsource from local organic farmers. We personalize each cleanse to the individual (from over 900 blends)."

Juice cleanse

- The cleanse varies in price from $90 for one day to $525 for a week.
- Raw juice is delivered to a customer's front door after a detailed survey is completed to analyze their health.
- Customers are given enough Raw Juice Guru drinks to drink throughout the day and help "kickstart" their digestive system.

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Let's hear it for the boy-specific school centres

You've got males.
Is there room for programs geared specifically towards male students at post-secondary institutions?

Do we need to actively drive more men toward higher learning? ISTOCK

An American professor specializing in studying the psychology of boys and men, masculinity and manhood is making the case for creating men's centres on campus.

Miles Groth is an advisory fellow for the Canadian Association for Equality (CAFE), which is working to raise funds to create the Canadian Centre for Men and Families.

Advocates on both sides of the border are seeking to fill what they view as a void at schools and within communities — programs dedicated to studying, serving and supporting male interests and needs.

"Essentially, we feel there's no space for men specifically to discuss their issues from a men's point of view; so we're hoping to get something started that will hopefully be a catalyst for maybe some more male-oriented programs running," said CAFE spokesman Adam McPhee, who also serves as food programs liaison for the Toronto People With AIDS Foundation.

"Male-specific programs are normally in relation to say, homelessness, but they're not normally geared directly towards men."

McPhee, who works with predominantly gay men, said he's been involved in a number of discussions where domestic violence targeting men has emerged as a key issue.

There's also interest within CAFE about father's rights and exploring options for greater shared parenting opportunities for dads following divorce, he added.

Groth, a professor of psychology at Wagner College in Staten Island, N.Y., has established a website seeking to highlight efforts in North America, Europe and elsewhere to create study groups for men on campus — centres for "male-positive discussions of boyhood and what it means to be a young man in the 21st century."

He was set to speak at an event organized by CAFE in Toronto on Friday. In his address, he planned to examine a number of issues affecting men who have reached college age or are bound for post-secondary study, focusing on the declining rate of enrolment and completion of bachelor's degrees among young males.

During the 2010-11 academic year, women accounted for 56.5 per cent of enrolment in public post-secondary schools in Canada compared with 43.5 per cent of men — a ratio which has remained constant over the past decade, according to Statistics Canada. Females represented 58.2 per cent of total graduates, continuing "a long trend" where women have outnumbered their male counterparts.

"What do I think is going on? The answer is we don't know," Groth said in an interview from New York. "That's why these kinds of centres are absolutely essential because the answer to the question is not going to come primarily from people like me ... but it's going to come from the boys and the men themselves.

"To make things more difficult, one of the outcomes of this trend is an increasing silence — or I'll say reticence — on the part of young men to talk about their experiences."

THE CANADIAN PRESS

What's it all about?

Annalee Lepp, associate professor and chair in the department of women's studies at the University of Victoria, said while she has nothing against the creation of men's centres on campuses, she questions the politics behind it.

- "I think there has been a lot of work done by men who align themselves with feminism that have been doing the kinds of work that feminism has been doing for many, many years and becoming allies of the movement - or actively calling themselves feminists," said Lepp. "In some segments of the men's movement, it's definitely a backlash against feminism as if feminism has created a context where something has been taken away from men."

My guru of greatness. Take a business hopeful under your wing

Advising an up-and-coming entrepreneur can do just as much for your career as it can for someone's future success. ISTOCK

Ask Kevin Schwenker about his experiences as a mentor and he'll likely have enough stories to convince any businessperson to free up some time to find a protegé or two.

Schwenker is a seven-year mentor with the Canadian Youth Business Foundation, a non-profit organization that provides youth aged 18 to 39 with start-up financing, pre-launch expertise, online business resources and mentoring to help them launch and sustain successful businesses.

As a mentor, your skills, experience and knowledge can play a key role in helping a future mogul get their business off the ground and turn their dream into a reality.

"It doesn't take a lot of time to make a huge difference in helping a young entrepreneur become successful," Schwenker says. Need more incentive? Here are some reasons you should consider taking on a mentee:

Pay it forward

Maybe your mentor was a kind professor who coached you before you landed your first job.

Perhaps it was a manager who took you under their wing. There's at least one person who played a role in shaping the businessperson you are today.

As a mentor, you can help mold the next generation, which means you can:

Influence the future of Canadian business

"I've always believed that providing a powerful vision of the future is the most important legacy we can give to our youth; supporting self-sufficiency via mentoring is a powerful influence one can have on the future," says Schwenker.

NEWS CANADA

Reap the benefits

You get what you give

In addition to helping others, many mentors claim to get much more out of the experience than they feel they give, including building their skills to advance their career and set them apart from peers, raising their personal profile and gaining personal satisfaction by contributing to the economic development of their community.

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SHAPE UP WITH SHERIDAN COLLEGE

CHECK OUT NEW PERSONAL FITNESS TRAINER PROGRAM

GEORGE DOLGIKH/COLOURBOX

If you are looking to get your professional life in tip top shape, a career as a fitness trainer might just be the right fit.

According to Sheridan College, personal training is the No. 1 revenue generator in fitness facilities in North America and the demand for trainers is never-ending.

The new personal fitness trainer program at Sheridan College will prepare individuals to pursue certification within the fitness industry.

"This program is especially beneficial to candidates who have no formal education in fitness training or who are avid fitness enthusiasts seeking to transition into the fitness field," says Lucinda Jensen, HBPE, CPTN-CPT, program co-ordinator. "Successful completion of all criteria will result in a personal trainer certification that is recognized across the country."

This program teaches students how to work safely and effectively with the average fitness client who seeks changes in body composition.

The fitness trainer program provides the foundational knowledge, both theoretical and practical, candidates require to challenge the CPTN-CPT theory and practical exams to earn the distinction of CPTN certified personal trainer (CPTN-CPT).

"This program is the start of a fitness career and candidates need to embrace continued learning once they complete the certification process," Jensen says.

She adds that along with the theoretical and practical exams, candidates for the certification will also need to acquire first aid, CPR-C and accumulate a log of 20 practice hours.

"The practice hours will help the candidates to work out the 'bug' in their client procedures before they begin to charge clients for their services," Jensen says.

The human performance training program is a great option for trainers who are looking to earn further certifications.

"The human performance training certificate is the only academic program in Canada dedicated to developing strength and conditioning coaches with the capability to enhance the athletic performance of any individual of any ability," says Trevor Cottrell, program co-ordinator.

Students will learn how to design and implement strength and conditioning programs for athletes of any age or level of play.

This program is completed on weekends over three semesters.

For more information about this program, visit sheridancollege.ca.

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BE A KEY LINK IN THE SUPPLY CHAIN

WITH CERTIFICATE FROM GEORGE BROWN

The supply chain management certificate at George Brown College is made up of four courses and provides an overview of the supply chain industry, including current trends and hot topics in the field.

"We wanted to provide a relevant and modern view of issues and trends that are affecting supply chain management professionals in today's global economy," says Greg Fettes, instructor program developer.

"We have concentrated on the areas of the supply chain that are experiencing the most growth."

Delivered in an online format, this program provides flexibility for students to work on the program when they have time in their busy schedules.

The program was designed for individuals with no previous knowledge or experience within the supply chain.

The program can also be taken by those already in the supply chain industry to enhance their credentials for promotional opportunities or other employment opportunities within the supply chain field.

This certificate program has been accredited by the Canadian Supply Chain Sector Council, a non-profit government funded council whose core purpose is to facilitate the growth of a trained and educated workforce for the supply chain industry.

"We are very pleased the council has accredited our program and this ensures that students will be receiving quality supply chain education, which will be recognized by employers," Fettes says.

George Brown College also recently introduced the new advanced certificate, which builds on the concepts learned in the introductory certificate and focuses in more detail on key components within the supply chain.

"Not only is the supply chain sector an exciting field to be a part of, but it is also expanding quite rapidly," Fettes says.

For more information, visit coned.georgebrown.ca/PA0045/CE0262.

COURSE GIVES DENTAL HYGIENISTS A BROADER BASE

The dream of following in her aunt's footsteps is what led Leanne Innis to a career as a dental hygienist. But a desire to open up other opportunities in the dental hygiene profession is what led Innis back to George Brown College.

"I always knew I wanted to do more than work in general practice," Innis says.

With that in mind, Innis enrolled in the orthodontic clinics for dental hygienist course.

Innis began her career training at George Brown when she enrolled in the dental assisting program in 1999, and then continued on to the dental hygiene program from 2000-02.

"George Brown has brought my career to where I am now and I wouldn't have gone anywhere else," Innis says.

She is currently a full-time dental hygienist and the orthodontic clinics for dental hygienist course allowed her to gain new skills without sacrificing her day job.

"It worked out perfectly for my schedule because it still allowed me to work full time, as well the Saturdays in between," Innis says.

CONTRIBUTED

The orthodontic clinics for dental hygienist course is an extensive 42-hour course that focuses on orthodontic treatment mechanics and the role of the dental hygienist in the orthodontic practice.

"The goal of the course is to give the dental hygienist a broader base of understanding on orthodontics and to teach them the basic skills required to work in an orthodontic setting," says Luisa Nervo, RDH, BA, lead instructor.

Students will learn the basics of record taking, correct bracket placement, an introduction to wire bending and Invisalign, and have a full 12 hours in a clinical setting working on typodonts practising their skills.

For more information, visit coned.georgebrown.ca/DENT9224.

PSW CERTIFICATE

The personal support worker (PSW) certificate offered through continuing education at George Brown College prepares students to work with seniors (and other clients) in long-term care and chronic care facilities, private homes, supportive housing and assisted-living centres.

For those interested in applying, you must attend an information session in order to receive an application.

These free information sessions are scheduled for Nov. 5, Nov. 27, Jan. 22, Feb. 11, Feb. 25, March 12, and March 25. Each session starts at 6 p.m. at 200 King St. E., St. James campus, Building A.

For more information contact the continuing education community services and health sciences department at 416-415-5000, ext. 2126, email ce-community@georgebrown.ca, or visit coned.georgebrown.ca/community.

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A STRONG NEED FOR RISK MANAGEMENT

U OF T SCHOOL OF CONTINUING STUDIES

HENRY FEATHER PHOTO

The risk management certificate program offered by the U of T school of continuing studies is a three-course program starting with the foundations of risk management, which leads to the Canadian risk management (CRM) designation.

"Risk management is a growing field that is vitally important to business which are growing and maturing," says Deborah Tracogna, CIP, CRM-E, risk and insurance manager, City of Brampton.

"This program will provide students with the foundations of risk management and the tools and techniques which will allow them to develop and implement an enterprise-wide risk management program tailored to their specific organization."

Students will learn key skills for structuring a risk management framework, along with processes for risk identification and assessment, risk control and risk financing.

"The primary focus is on the Canadian business environment, but because so many Canadian organizations are also global, there is a worldwide flavour for some of the topics," Tracogna says.

Students are exposed to real life examples of risk management, which makes the program current and relevant.

Tracogna says risk management and, more specifically, enterprise risk management, is now more important than before.

"As organizations grow and mature, those in the boardrooms, whether discussing audit practices, financial applications or operational techniques, are focused on the need for strong risk management," Tracogna says.

"For any organization trying to remain at the forefront in today's competitive marketplace, applying risk management is critically important and will give them a definite advantage."

Completing the three-course program and earning the CRM designation will make employees more valuable to their organization.

For more about the risk management certificate, visit learn.utoronto.ca.

PROGRAM AIMS TO PRODUCE SAVVY MANAGERS

STUART LOWE PHOTO

The certificate in management of enterprise data analytics (big data) at the University of Toronto school of continuing studies is aiming to produce technically savvy managers who are capable of developing and running a big data function, which can transform the way an organization makes decisions and significantly improves its overall performance, says co-creator Jerrard Gaertner.

Gaertner, president, Canadian Information Processing Society (Ontario), says there is a shortage of big data skills predicted for the next five years, and along with another co-creator, saw a need for this program at the U of T.

"This certificate program was created because we wanted to help address the growing demand for people who can help senior managers to understand the huge volumes of data now being generated by their businesses," says Larry Simon, vice-president and co-founder, Managed Analytic Services, and co-creator of the certificate program.

"There are plenty of courses around on statistics and big data technology, but this program is one of the first to focus on how to use the tools to find valuable business insights and how to communicate these insights to senior management to have real influence on major business decisions."

Simon says the course is about half and half focused on business issues such as privacy, security and asking the right questions, and on the techniques and technology — big data databases, data mining and analysis.

This program is open to students with an undergraduate degree or college diploma in related fields.

For more information about the big data certificate, visit learn.utoronto.ca.

TAKE THE BIG LEAP

While many people dream of being their own boss, it takes a determined individual to take the leap into entrepreneurship.

"We tell our students that your dream job does not exist — you must create it," says Keri Damen, lead instructor of the certificate in entrepreneurship at the University of Toronto, school of continuing studies.

The certificate in entrepreneurship guides aspiring entrepreneurs through key strategic decisions and planning milestones, giving step-by step support in starting a business while reducing start-up risk.

This program is designed for diverse learners, including young entrepreneurs, internationally educated professionals, or those experienced in business who want to transition to their own ventures, and anyone else looking for practical skills to start and grow their own business.

The next intake is January. For more, visit learn.utoronto.ca.

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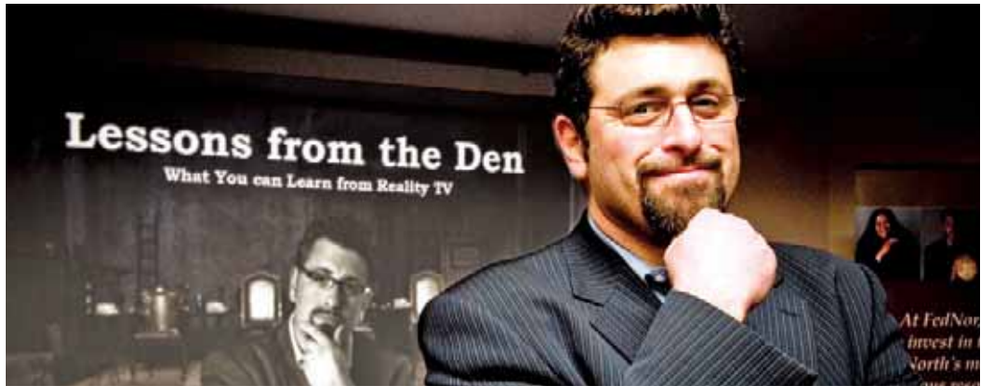

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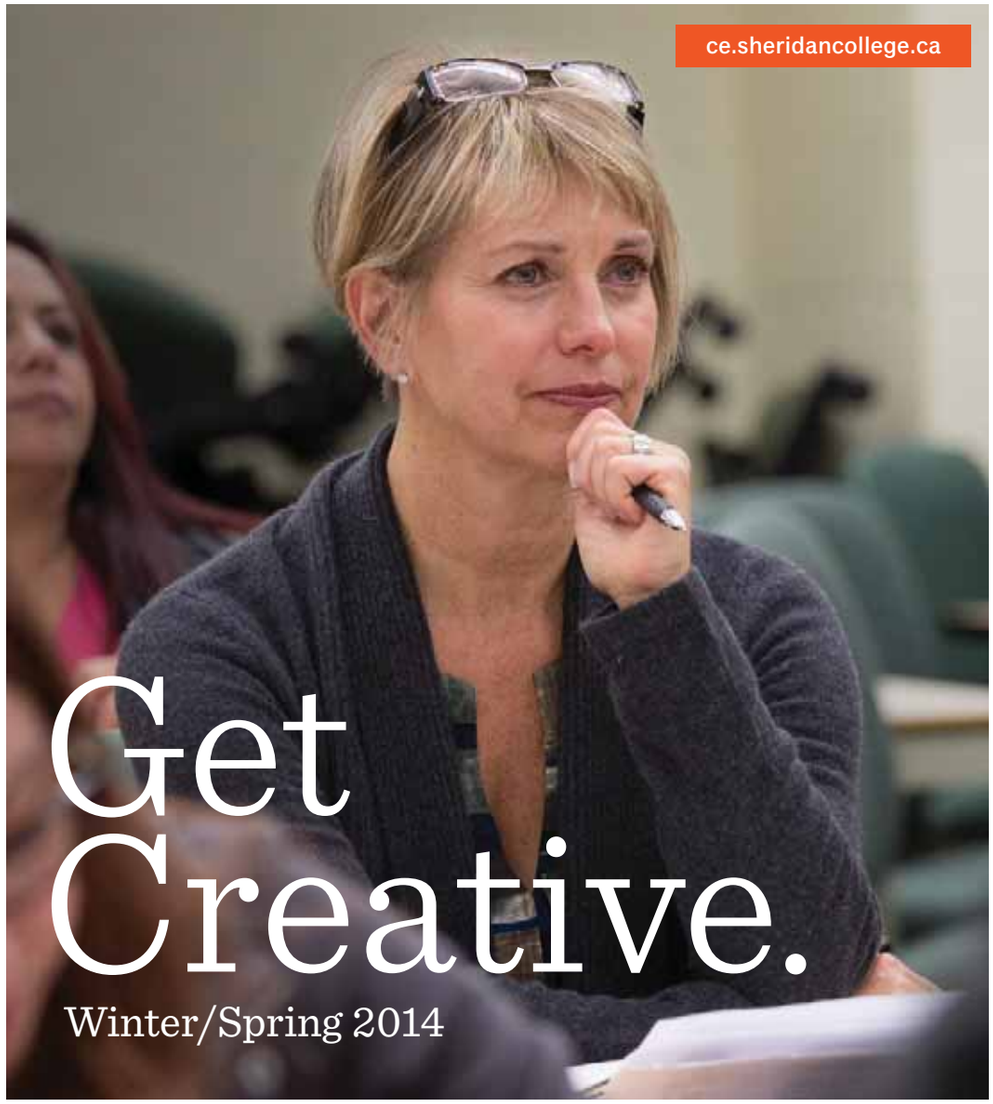

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ENTREPRENEURIAL SKILLS CAN HELP LAUNCH A BUSINESS

The new certificate in entrepreneurship and multiculturalism at The G. Raymond Chang school of continuing education is designed to give long-established Canadians, as well as recent newcomers, the skills and knowledge needed to launch and run a business within a multicultural context.

Through this new program, those with the entrepreneurial spirit can learn to identify business opportunities in multicultural markets.

"Canada is seeing a growing demand for entrepreneurial skills, not only among those who are starting their own businesses, but also among those growing existing businesses, or applying skills in other management contexts," says Dr. Sean Wise, academic co-ordinator of the certificate in entrepreneurship and multiculturalism at The G. Raymond Chang school of continuing education, Ryerson University.

"This certificate focuses on a wide variety of specific skills and issues important to adult learners who wish to become entrepreneurs or more entrepreneurial."

There are four required courses that will build skills in business, marketing, and working with other cultures.

In addition to academic learnings, students will be exposed to functional skills with an emphasis on marketing and finance required to operate a new venture startup.

For more information about this new certificate, visit ryerson.ca/ce/entrepreneurship.

NFL

Teammate accused of racism, bullying

Two people familiar with the situation say suspended Miami Dolphins guard Richie Incognito sent text messages to teammate Jonathan Martin that were racist and threatening.

The team and NFL continued their investigation into allegations by Martin's representatives that he was bullied. The NFL Players Association also planned to look into the matter.

The 319-pound Incognito, a ninth-year pro, is white. Martin, a 312-pound tackle who is in his second NFL season, is black.

THE ASSOCIATED PRESS

NBA

Sixers suffer first loss of season

Andre Iguodala made a career-high seven three-pointers and scored 32 points, Stephen Curry had 18 points, 12 assists and 10 rebounds, and the Golden State Warriors handed the Philadelphia 76ers their first loss of the season, 110-90 on Monday night.

The overachieving 76ers (3-1) were one of the early surprises of the season.

Sixers rookie point guard Michael Carter-Williams, the Eastern Conference player of the week, missed 13 of 17 shots and scored 18 points.

THE ASSOCIATED PRESS

Gay won't back down from LeBron

NBA. Raptors forward relishes opportunity to compete against the best in the game

Rudy Gay, then a member of the Grizzlies, defends the Heat's LeBron James. The two will go at it again when the Raptors host the Heat on Tuesday night. GETTY IMAGES FILE

It was one of the rare occasions LeBron James has been shown up on the highlight reel, and the video of the play has had hundreds of thousands of views online.

Rudy Gay scorched the Miami Heat star with a behind-the-back dribble and threw down a monstrous dunk, leaving James rooted in his spot, and the TV broadcaster hollering, "Oh my goodness, Rudy Gay took LeBron James to school!"

It was last November, and Gay was with the Memphis Grizzlies at the time. But it's clear the Toronto Raptors small forward doesn't back down when it comes to battling James.

"I'm a competitor. What competitor doesn't like to play against the best? I don't know many," Gay said with a shrug Monday.

The Raptors (2-1) host the two-time defending NBA champion Heat (2-2) at the Air Canada Centre on Tuesday, and the inevitable question arose at practice Monday: How does one stop James?

While coach Dwane Casey answered, half-jokingly "You hope and pray," Gay wasn't so generous about the four-time NBA MVP.

"I wouldn't say all that," Gay said. "He's a great player. You can't take anything from him; but I'll try my best, use my length and athleticism against him, and hopefully it works."

A little praying couldn't hurt, however, against a team that has beaten the Raptors in their last 10 meetings. Toronto's most recent win was in January of 2010.

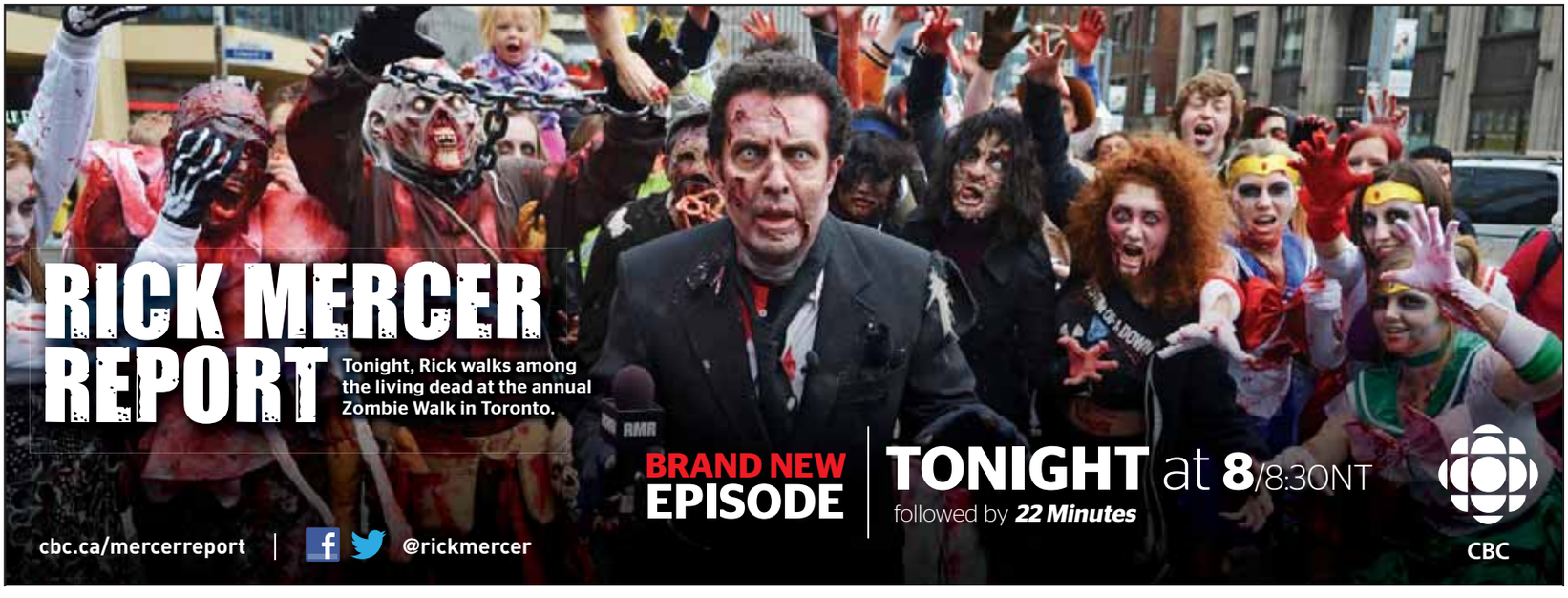
The difficulty defending James, who's averaging 23.3 points and eight assists this season, is his versatility.

"He's such a multifaceted guy," Casey said. "He weighs 260, 265, and handles the ball like a point guard and shoots the ball like a long range three-point shooter, so he can get you from a lot of different angles, so it's very difficult to do."

The Raptors meet Miami twice in November — the second game is Nov. 29 in Miami. They play a third time, Jan. 5 at Miami.

THE CANADIAN PRESS

4 SPORTS



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JVR thrust into centre of Leafs' void

NHL. Forward moves into pivot spot between Kessel, Lupul on Toronto's top line

The Leafs didn't refer to their gaping hole at centre as a "crisis."

There were other ways to phrase the long-term loss of Dave Bolland and Tyler Bozak to injuries.

A challenge? That's putting it mildly. A season-defining test? That's a bit too dramatic.

After Monday's practice — the first since Bolland's surgery in Vancouver to repair a severed ligament on the outside of his left ankle — the Leafs were stoic amid questions about the lineup with no games till Friday.

The first move to address the centre problem saw winger James van Riemsdyk shift to the middle on the top line with Phil Kessel and Joffrey Lupul.

James van Riemsdyk will shift to the middle to help the Leafs deal with injuries to Dave Bolland and Tyler Bozak. GETTY IMAGES

Nazem Kadri, who had found some spark as the first-line pivot after Bozak went down with a hamstring injury Oct. 25, centred David Clarkson and Mason Raymond in practice. Bozak, on long-term injured reserve, can't return until at least Nov. 21.

Van Riemsdyk's only game experience at centre was in two seasons with the University of New Hampshire, never in pro hockey.

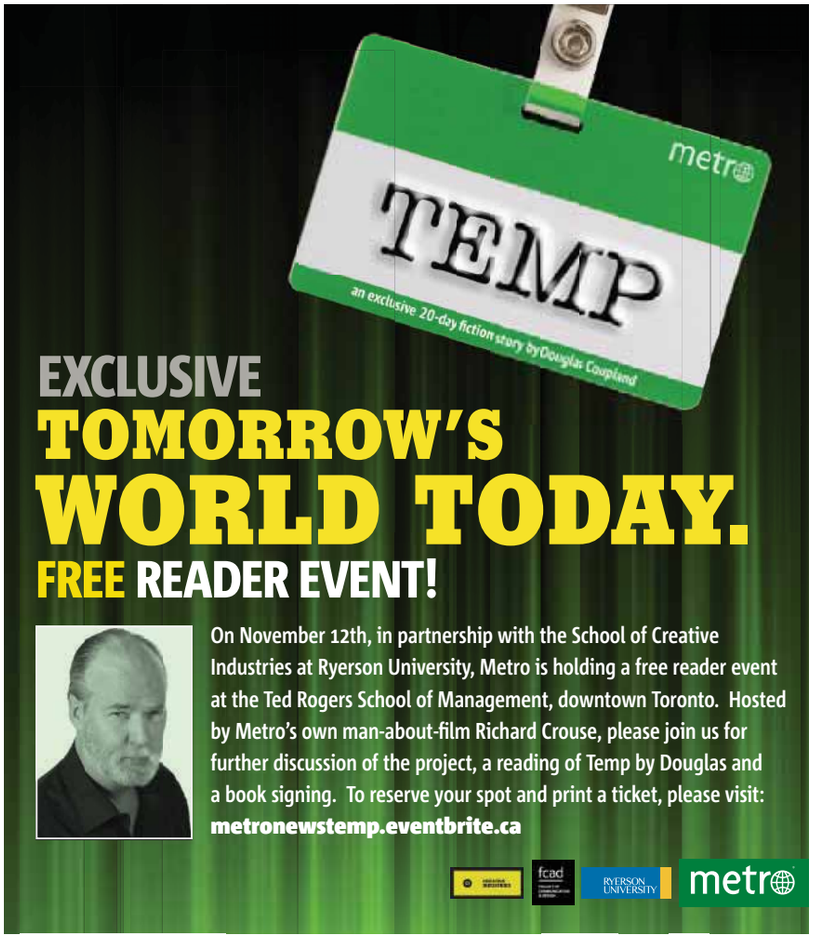
The biggest question is van Riemsdyk's ability to adjust. He didn't sound concerned.

"I didn't notice a difference that much," he said after practice. "It didn't change my approach. Whatever they need me to do, I'm happy to do and help this team win games.

"It's a little different. I think a lot of it is about timing, and being in the right spots at the right time so you don't lose your speed. But I'm just looking to play wherever they want me to — centre, wing, defence, I'm happy to do it."

The Leafs have three more days to adjust before back-to-back games at home to New Jersey on Friday and in Boston Saturday.

"We think it's our opportunity now to get back to the basics you need to apply in games to have success," coach Randy Carlyle said. TORSTAR NEWS SERVICE



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On November 12th, in partnership with the School of Creative Industries at Ryerson University, Metro is holding a free reader event at the Ted Rogers School of Management, downtown Toronto. Hosted by Metro's own man-about-film Richard Crouse, please join us for further discussion of the project, a reading of Temp by Douglas and a book signing. To reserve your spot and print a ticket, please visit:
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NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	14	10	4	0	47	35	20
Toronto	15	10	5	0	48	36	20
Detroit	15	9	4	2	38	37	20
Boston	13	8	5	0	36	25	16
Montreal	15	8	7	0	41	31	16
Ottawa	14	4	6	4	42	47	12
Florida	14	3	8	3	28	49	9
Buffalo	16	2	13	1	26	49	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	15	11	4	0	48	33	22
NY Islanders	14	6	5	3	45	44	15
Washington	14	7	7	0	44	40	14
NY Rangers	14	6	8	0	26	40	12
Carolina	14	4	7	3	27	44	11
Columbus	13	5	8	0	33	36	10
New Jersey	14	3	7	4	26	42	10
Philadelphia	13	4	9	0	21	37	8

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	13	12	1	0	42	19	24
Chicago	15	9	2	4	52	42	22
Minnesota	15	8	4	3	38	34	19
St. Louis	12	8	2	2	44	29	18
Nashville	14	7	5	2	31	40	16
Dallas	14	6	6	2	37	42	14
Winnipeg	15	5	8	2	35	45	12

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	16	12	3	1	52	40	25
San Jose	14	10	1	3	53	27	23
Phoenix	15	10	3	2	51	46	22
Vancouver	16	10	5	1	46	41	21
Los Angeles	15	9	6	0	43	40	18
Calgary	14	6	6	2	42	49	14
Edmonton	15	3	10	2	36	59	8

Note: Two points for a win, one point for overtime loss.

Monday's results
Anaheim 2 NY Rangers 1
Detroit at Winnipeg
Sunday's results
Dallas 4 Ottawa 3 (SO)
Calgary 3 Chicago 2 (OT)
Minnesota 4 New Jersey 0
Tuesday's games
All Times Eastern
Dallas at Boston, 7 p.m.
Ottawa at Columbus, 7 p.m.
NY Islanders at Washington, 7 p.m.
Edmonton at Florida, 7:30 p.m.
St. Louis at Montreal, 7:30 p.m.
Philadelphia at Carolina, 7:30 p.m.
Calgary at Minnesota, 8 p.m.
Vancouver at Phoenix, 9 p.m.
Buffalo at San Jose, 10:30 p.m.
Wednesday's games
Pittsburgh at NY Rangers, 7:30 p.m.
Winnipeg at Chicago, 8 p.m.
Nashville at Colorado, 9:30 p.m.
Phoenix at Anaheim, 10 p.m.

MLS PLAYOFFS

All Times Eastern
CONFERENCE SEMIFINALS
(two-game, total-goals series)
EASTERN CONFERENCE
New York vs. Houston
Sunday's result — New York 2 Houston 2
Wednesday — Houston at New York, 8 p.m.
Kansas City vs. New England
Saturday's result — N.England 2 Kansas City 1
Wednesday — New England at K.C., 9 p.m.
WESTERN CONFERENCE
Portland vs. Seattle
Saturday's result — Portland 2 Seattle 1
Thursday — Seattle at Portland, 11 p.m.
Salt Lake vs. Los Angeles
Sunday's result — Los Angeles 1 Salt Lake 0
Thursday — Los Angeles at Salt Lake, 9 p.m.

NFL

WEEK NINE

Monday's result
Chicago at Green Bay
Sunday's results
Carolina 34 Atlanta 10
Cleveland 24 Baltimore 18
Dallas 27 Minnesota 23
Indianapolis 27 Houston 24
Kansas City 23 Buffalo 13
New England 55 Pittsburgh 31
N.Y. Jets 26 New Orleans 20
Philadelphia 49 Oakland 20
Seattle 27 Tampa Bay 24
Tennessee 28 St. Louis 21
Washington 30 San Diego 24
Thursday's result
Miami 22 Cincinnati 20 (OT)

CFL

PLAYOFFS

DIVISION SEMIFINALS

EAST
Montreal vs. Hamilton (at Guelph, Ont.), 1 p.m.

WEST
B.C. at Saskatchewan, 4:30 p.m.

DIVISION FINALS
Sunday, Nov. 17

EAST
Hamilton-Montreal winner at Toronto, 1 p.m.

WEST
Saskatchewan-B.C. winner at Calgary, 4:30 p.m.

NBA

Monday's games
Golden State 110 Philadelphia 90
Cleveland 93 Minnesota 92
Memphis 95 Boston 88
Houston at L.A. Clippers
Sunday's results
Detroit 87 Boston 77
Orlando 107 Brooklyn 86
Miami 103 Washington 93
Oklahoma City 103 Phoenix 96
Minnesota 109 New York 100
L.A. Lakers 105 Atlanta 103
Tuesday's games
Miami at Toronto, 7 p.m.
Utah at Brooklyn, 7:30 p.m.
Charlotte at New York, 7:30 p.m.
Indiana at Detroit, 7:30 p.m.
Phoenix at New Orleans, 8 p.m.
L.A. Lakers at Dallas, 8:30 p.m.
San Antonio at Denver, 9 p.m.
Atlanta at Sacramento, 10 p.m.
Houston at Portland, 10 p.m.
Wednesday's games
L.A. Clippers at Orlando, 7 p.m.
Washington at Philadelphia, 7 p.m.
Toronto at Charlotte, 7 p.m.
Chicago at Indiana, 7 p.m.
Utah at Boston, 7:30 p.m.
Golden State at Minnesota, 8 p.m.
Cleveland at Milwaukee, 8 p.m.
New Orleans at Memphis, 8 p.m.
Phoenix at San Antonio, 8:30 p.m.
Dallas at Oklahoma City, 9:30 p.m.

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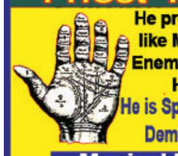

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Horoscopes

♈ Aries
March 21 - April 20
Try not to be too aggressive when dealing with people at work. In fact, with Venus, planet of harmony, moving into the career area of your chart today, you should go out of your way to be nice.

♉ Taurus
April 21 - May 21
Something you say today will have far-reaching consequences, so be on your best behaviour. Everything you put out into the world sooner or later comes back to you.

♊ Gemini
May 22 - June 21
You may feel you are being treated unfairly but complaining about it is unlikely to change the situation. Act as if you are completely unaffected by what other people say.

♋ Cancer
June 22 - July 23
Someone you meet today will tick all the right boxes. You will get along as if you've known each other for a lifetime. It's going to be a beautiful new friendship and, who knows, it may even be love.

♌ Leo
July 24 - Aug. 23
Don't push yourself hard today. Whatever tasks you have, there is no need to rush. This is one of those days when the world must, and will, wait for you.

♍ Virgo
Aug. 24 - Sept. 23
There are times when you should hold out for the best possible deal and there are times when you should compromise and this is one of the latter. Don't forget that profit is not the only thing to measure relationships by.

♎ Libra
Sept. 24 - Oct. 23
Today's positive cosmic influences will help you get your point of view across but don't forget that your view is one of many. There is plenty of room in this big, wide world for all shades of opinion.

♏ Scorpio
Oct. 24 - Nov. 22
Keep your ears open today and, if you hear a distant rumble, get yourself to higher ground as quickly as you can. There is some kind of upheaval coming and you don't want to be in the way when it arrives.

♐ Sagittarius
Nov. 23 - Dec. 21
You may have failed but that does not mean you are a failure. Smart people realize that failure is a brick in the wall of success. The more bricks you have, the higher you can build your dream.

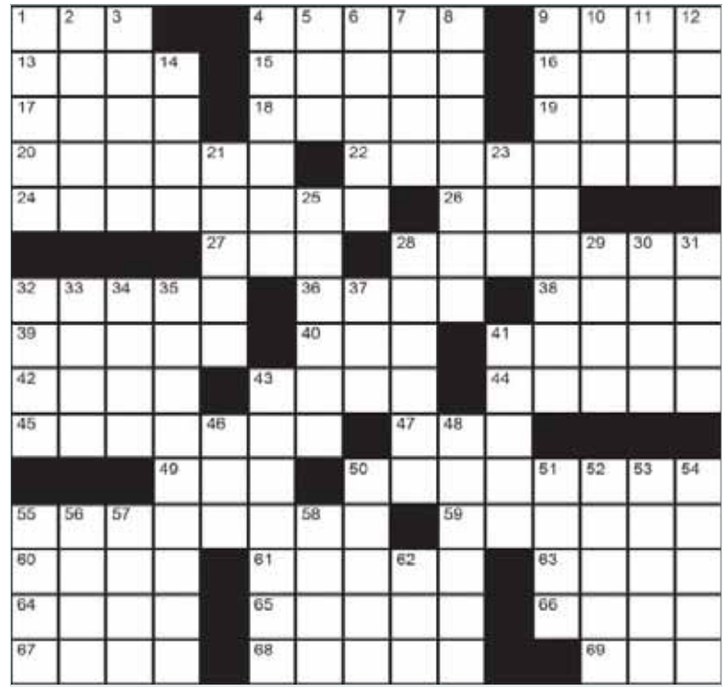
♑ Capricorn
Dec. 22 - Jan. 20
You may feel assertive today but don't push people around you too hard because you are likely to spark some sort of rebellion. Always see partners as human beings, not mere cogs in your grand design.

♒ Aquarius
Jan. 21 - Feb. 19
If someone gives you a hard time over the next 24 hours, you should smile and let them see it does not bother you. They will go and find someone who is easier to annoy.

♓ Pisces
Feb. 20 - March 20
Stop worrying about things that might go wrong. It's not about what you can and cannot do, it's about your attitude to life in general. **SALLY BROMPTON**

Crossword: Canada Across and Down

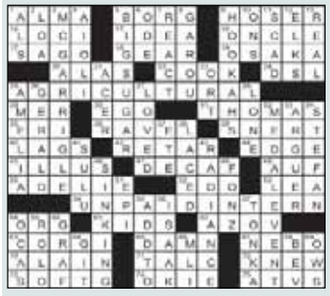
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Mil. force that protected the Allies from U-boats in the North Atlantic during WWII
4. Junk
9. Law
13. Lightbulb moments!
15. __ donna
16. Characters' selves
17. Mr. Julia
18. On-a-field sport
19. Bouncy-less hair
20. Typos
22. __ Fitness (Canadian health clubs chain)
24. Saskatchewan's CFL team nickname
26. Liberace's nickname
27. Plus...
28. __ tape
32. Barely believe
36. Wading bird
38. Rupture
39. Killer whales
40. Cul-de-__
41. Choreographer, Bob __
42. Count on
43. The pair
44. Skilled at crafts
45. Someone from Juneau's state
47. "Ha! See __ _ care."
49. Actor Mr. Avery
50. Manitoba: Landscape features in Wapusk National Park: 2 wds.
55. Calgary-Edmonton __ (Alberta region)
59. Patrick J. __ (Questions remain over his conviction/execution for the 1868 assassination of Father of Confederation, Thomas D'Arcy McGee)
60. Sore spot, slangily
61. Ruin
63. Julia Roberts' actress niece
64. Created
65. Topic
66. Li'l thermometer reading
67. __-a-porter
68. Sniffers
69. '_' __ in Cornwall

Down
1. More pink, as steak
2. "Cuchi-cuchi"-saying songstress
3. South Pacific island country
4. Twisted ankle injury
5. Grand __ (Wine classification)
6. 1973: Billie Jean King's famous tennis opponent Bobby
7. Podium
8. "Eyes of a Stranger" band from Vancouver
9. Arcade Fire's latest album
10. Certain citrus
11. Bread's shape
12. Renaissance family name
14. Smelting waste
21. "__ a wrap!"
23. __ Plaines, Illinois
25. 2005 Justin Timberlake movie
28. Canadian Hip-Hop artist, __ Mee
29. 'Luck' suffix (Most fortunate)
30. Northern BC's __ River
31. Stone hue
32. "__ the Explorer"
33. Mr. Hershiser
34. Univ. in The States
35. Thoroughfare-of-finance in Toronto: 2 wds.
37. Cricket club
41. Country's Ms. Hill
43. __ Family (Acting brothers)
46. Garden pond fish
48. November 5th: Guy __ Day
50. The __ (Journalists as a group)
51. Turn __ red (Get embarrassed)
52. Person of ancient Mexico
53. Sci-Fi weapon, __ ray gun
54. Breaks branches
55. Free pass, commonly
56. Man _' __ (Legendary racehorse)
57. Drive
58. "..__ __ it seems." (That's how things look)
62. Acting aids, __ cards

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2		9	3				5	
			6	8		2		
1					4			
6							9	3
4		5				8		2
3	7							1
			9					8
		2		1	7			
	1				3	7		6

Yesterday's Sudoku

1	4	2	5	7	6	8	9	3
5	6	9	3	4	8	2	7	1
8	3	7	2	1	9	4	6	5
9	5	8	6	3	2	1	4	7
4	7	6	1	8	5	9	3	2
2	1	3	7	9	4	5	8	6
6	2	4	9	5	7	3	1	8
3	8	5	4	6	1	7	2	9
7	9	1	8	2	3	6	5	4

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